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PLEASE DON'T STOP THE MUSIC
FADE-OUT HAS ENIGMA STATUS {page 30}

LOVE DROWNS LAUGHS
NO NEED TO GET TOO ATTACHED {page 17}

END GAME

ROGEN SAYS GEORGE LUCAS FEARS 2012 {page 32}

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Weekend, January 21-23, 2011
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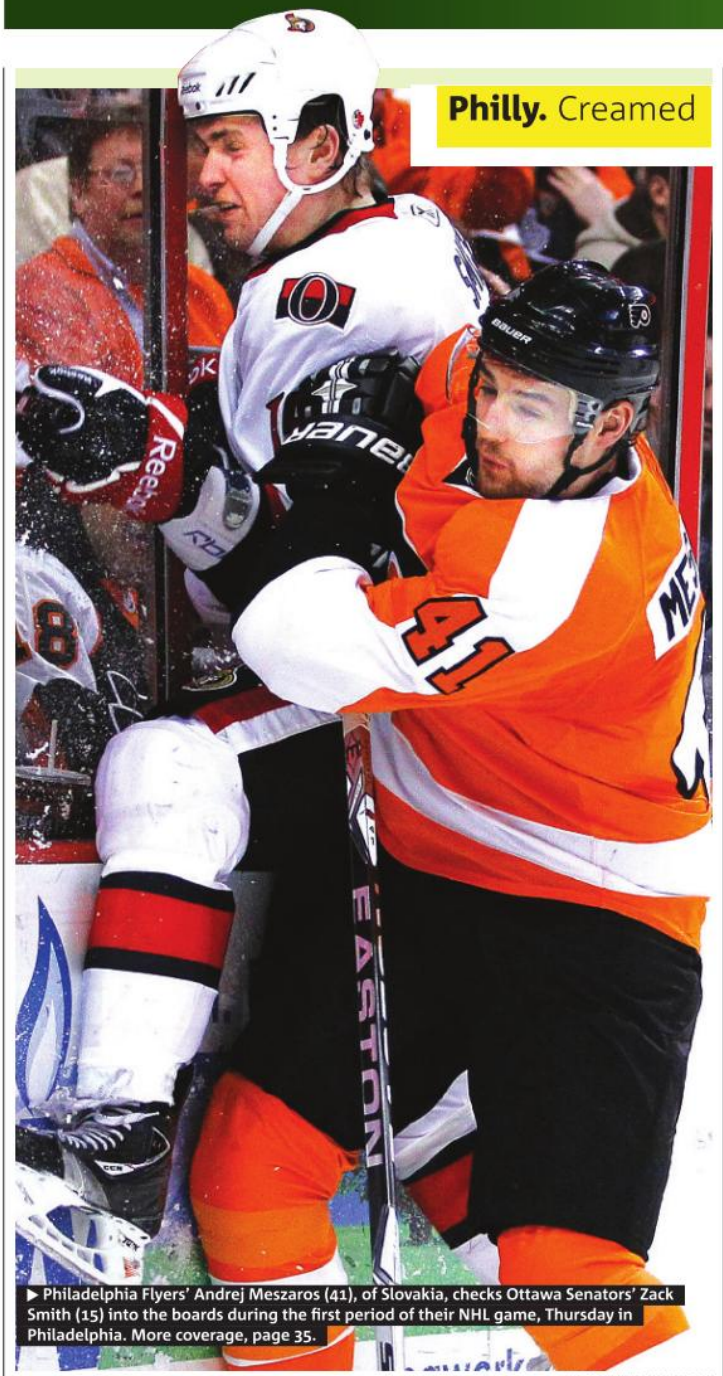
News worth sharing.

Philly. Creamed



▶ Philadelphia Flyers' Andrej Meszaros (41), of Slovakia, checks Ottawa Senators' Zack Smith (15) into the boards during the first period of their NHL game, Thursday in Philadelphia. More coverage, page 35.

MATT SLOCUM/THE ASSOCIATED PRESS

Flyers slam Sens 6-2 in Philly

Cops hunt teen's attacker

Suspect had red SUV similar to Ford Escape or Explorer

SEAN MCKIBBON
@METRONEWS.CA

Ottawa police are chasing a number of leads in their search for a man who abducted and sexually assaulted a Barrhaven teenager at gunpoint Tuesday and they are appealing to the public for more information.

Around 9:45 a.m. a 16-year-old girl was walking on Tartan Drive when she was approached by an unknown man, driving an older red SUV who asked for directions. Police say the man brandished a handgun and forced the girl inside his SUV where he sexually assaulted her. He then drove her to the Fallowfield Road Park and Ride lot, dropped her off and left.

Police describe the man as five-foot-six,

"We do have persons of interest but nothing concrete. Both the abduction point and release point were very public places. We're hoping that there were witnesses that may have seen something unusual and didn't realize a crime was in progress."
DET. DAVE WEST, OTTAWA POLICE

English speaking with a French accent, in his 40s, with light brown or olive skin. They say he had a medium build with a slightly protruding stomach and dark, shaggy, ear-length hair. He wore a beige suede coat, blue jeans, black work boots, glasses with thin black rims and a gold wedding band.

Berlusconi

Soap opera of the Italian PM

Topless girls, a house like a brothel, wiretap conversations reveal Girl in question for underage prostitution confesses, according to transcripts {page 9}

Hollywood heads to Utah

Prestige flicks gather steam at Sundance Film Festival {page 29}

Tories mark five years in power

Looking back at half a decade of Harper as PM {page 11}

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For the latest information, visit us at gm-c.gm.ca, drop by your local Pontiac Buick GMC Dealer or call us at 1-800-GM-DRIVE. ♦$3,200/$1,000 manufacturer to dealer delivery credit, which includes Holiday Bonus ($1,000/$1,000 available on 2011 GMC Acadia/2011 GMC Terrain tax exclusive) for retail customers only effected in offers in this advertisement. Other cash credits, including Holiday Bonus, available on most models. $1,500/$1,000 Holiday Bonus available on 2010/2011 models. Offers valid to January 31, 2011. Dealer order (2011MY only) or trade may be required. Limited quantities of certain 2010 models. GMCL may modify or terminate offers in whole or in part at any time without notice. See dealer for details. ♥Offer applies to the purchase of 2011 GMC (Terrain SLE FWD R7A/Acadia SLE FWD R7A). 12.9%/1.9% purchase financing offered by GMCL for 48 months on 2011 GMC (Terrain SLE FWD R7A/Acadia SLE FWD R7A). GMC by Ally Credit. Rates from other lenders will vary. Example: $10,000 at 2.9%/1.9% APR, monthly payment is $220.50/$216.62 for 48 months. Cost of borrowing is $603.20/$392.96, total obligation is $10,603.20/$10,392.96. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ♦♦7-Freight & PDI ($1,450/$1,450), registration, air and tire levies and GMWC fees are included. Insurance, license, PPSA, dealer fees and applicable taxes are not included. Offers apply to 2011 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Pontiac Buick GMC Dealer Marketing Association area only (excluding Outaouais). Dealers are free to set individual prices. Dealer order (2011 only) or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ♠Customers eligible for a GM Owner Loyalty Bonus will receive either a $1,500 or $1,000 manufacturer to consumer incentive (tax inclusive). Example: $10,000 purchase price, after tax price is $11,300 ($10,000 plus $1,300 applicable taxes). After applying $1,500/$1,000 credit, after tax price is $9,800/$10,300. $1,327.50/$885 reduced purchase price plus $172.50/$115 applicable taxes), with the $1,500/$1,000 credit being the $1,327.50/$885 reduction from the purchase price and the $172.50/$115 reduction in taxes which would have otherwise been payable on the full purchase price. $1,500 credit available to current owners of GMC Leases of a Pontiac/Saturn/Saab/HUMMER/Oldsmobile/GeoYsuzu/AcuraPatsuport vehicle. The $1,000 credit is available only to current GMAC Leasees or owners of a Chevrolet Astro, Uplander Venture or Lumina APV, Buick Terrazza or GMC Safari registered and insured (in Canada) in their name for the previous consecutive six months. Credit may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between July 17, 2010 - January 31, 2011. Isuzu, Hummer, Oldsmobile, Saab, Geo, Saturn, Pontiac, Suzuki, Daewoo, Daihatsu, Opel, Vauxhall, Holden, Mazda, Mitsubishi, Ford, Lincoln, Mercury, Volkswagen, Audi, Jaguar, Land Rover, Porsche, Volvo, Fiat, Alfa Romeo, Chrysler, Jeep, Dodge, Mini, Smart, Hyundai, Kia, Nissan, Infiniti, Honda, Acura, Toyota, Lexus, Subaru, Mercedes-Benz, Bentley, Rolls-Royce, Aston Martin, Lotus, Ferrari, Maserati, Lamborghini, Bugatti, Tesla, Fisker, Corvette ZR1, Jet Pontiac, Saturn, Saab, Jet HUMMER vehicles, and medium duty trucks. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact GM to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives, including the first to graze program. See your GM dealer for details. GM reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ♥♥To qualify for GMCL's Cash For Clunkers incentive, customers must trade in their eligible vehicle to a participating dealer. Eligible vehicles must be in operable condition, registered and insured in the customer's name for the last 6 months, have a curb weight of 3,855 kg (8,500 lbs) or less, and be scrapped. Customers must purchase or lease a new 2010 or 2011 model year vehicle. Vehicle must be delivered between January 4 and March 31, 2011. Limit one vehicle per customer. Incentive ranges from $750 to $2,000, depending on model purchased. Incentive may not be combined with certain other offers. By participating in the Cash For Clunkers program, you will not be eligible for any trade-in value for your vehicle. See your participating GM dealer for additional program conditions and details. GMCL may modify, extend or terminate program in whole or in part at any time without notice. If you successfully complete the RYR Program, you will be eligible for a $300 cash incentive from the Canadian Government. Residents of Northwest Territories, Yukon or Nunavut are excluded from the RYR Program and are therefore ineligible for GMCL's Cash For Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca (www.scrapit.ca for residents of B.C.) for more information. ~Offered by GMCL until 01/31/11 on eligible purchase financing of a 2010/2011 Buick/Cadillac/Chevrolet/GMC vehicle. GMAC by TD Financing Services (fixed rate special only) or Ally Credit. Interest applies to entire financing term and accrues on unpaid amounts during deferral period. Financing term includes 2 month extension when financing through TDFS. Offer not available to Quebec residents and may not be combined with certain other consumer incentives. GMCL, Ally Credit or TD Financing Services may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ‡Offer applies to the purchase of 2011 GMC (Terrain SLE FWD R7A/Acadia SLE FWD R7A). GMAC by Ally Credit. Rates from other lenders will vary. Example: $10,000 at 2.9%/1.9% APR, monthly payment is $220.50/$216.62 for 48 months. Cost of borrowing is $603.20/$392.96, total obligation is $10,603.20/$10,392.96. Down payment and/or trade may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. ◊Based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. △△The 2011 GMC Acadia received a 5-Star Overall Rating Score for Safety (IIS Government 5-Star Safety ratings, as part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). **Vehicle's projected resale value is specific to the 2011 model year. For more information, visit Kelley Blue Book's kbb.com. Kelley Blue Book is a registered trademark of Kelley Blue Book Co., Inc. ††GMC Terrain SLT-2. MSRP with Freight, PDI & fees $35,994. Dealers are free to set individual prices. ◊◊Visit consteor.ca to coverage map, details and system limitations. Services vary by model and conditions. †Subject to Vehicle Redemption Allowances. For complete GM Card Program Rules, including current Redemption Allowances, transferability of Earnings, and other applicable restrictions for all eligible GM vehicles, see your GM Dealer, call the GM Card Redemption Centre at 1-888-446-6322 or visit TheGMCard.ca. Subject to applicable law, GMCL may modify or terminate the Program in whole or in part with or without notice to you. ▼Offered by GMCL until 01/31/11 on eligible purchase financing of a 2010/2011 Buick/Cadillac/Chevrolet/GMC vehicle. GMAC by TD Financing Services (fixed rate special only) or Ally Credit. Interest applies to entire financing term and accrues on unpaid amounts during deferral period. Financing term includes 2 month extension when financing through TDFS. Offer not available to Quebec residents and may not be combined with certain other consumer incentives. GMCL, Ally Credit or TD Financing Services may modify, extend or terminate this offer in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ♣We qualify for the GMCL Cash For Leases Bonus under Lease Busters. Cash For Leases program, you must: (i) be a Canadian vehicle leasing customer with at least four months remaining on your lease, and (ii) execute and complete a lease transfer by listing your vehicle pursuant to a lease-take-over listing on leasebusters.com. Lease listing and transfer fees apply. Cash For Leases Bonus, is a manufacturer to consumer incentive (tax inclusive), is available to eligible retail customers. You must invest the purchase/finance/lease of a new eligible 2010 or 2011 model year vehicle. Vehicle must be delivered between January 4 and March 31, 2011. Limit one vehicle per customer. Incentive ranges from $750 to $2,000, depending on model purchased. Incentive may not be combined with certain other consumer incentives. GMCL may modify, extend or terminate this offer in whole or in part at any time without notice. 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Credit may be applied towards the purchase/finance/lease of an eligible new 2009/2010/2011 Model Year Chevrolet, Buick, GMC or Cadillac vehicle, delivered between July 17, 2010 - January 31, 2011. Isuzu, Hummer, Oldsmobile, Saab, Geo, Saturn, Pontiac, Suzuki, Daewoo, Daihatsu, Opel, Vauxhall, Holden, Mazda, Mitsubishi, Ford, Lincoln, Mercury, Volkswagen, Audi, Jaguar, Land Rover, Porsche, Volvo, Fiat, Alfa Romeo, Chrysler, Jeep, Dodge, Mini, Smart, Hyundai, Kia, Nissan, Infiniti, Honda, Acura, Toyota, Lexus, Subaru, Mercedes-Benz, Bentley, Rolls-Royce, Aston Martin, Lotus, Ferrari, Maserati, Lamborghini, Bugatti, Tesla, Fisker, Corvette ZR1, Jet Pontiac, Saturn, Saab, Jet HUMMER vehicles, and medium duty trucks. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact GM to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives, including the first to graze program. See your GM dealer for details. GM reserves the right to amend or terminate offers for any reason in whole or in part at any time without prior notice. ♥♥To qualify for GMCL's Cash For Clunkers incentive, customers must trade in their eligible vehicle to a participating dealer. Eligible vehicles must be in operable condition, registered and insured in the customer's name for the last 6 months, have a curb weight of 3,855 kg (8,500 lbs) or less, and be scrapped. Customers must purchase or lease a new 2010 or 2011 model year vehicle. Vehicle must be delivered between January 4 and March 31, 2011. Limit one vehicle per customer. Incentive ranges from $750 to $2,000, depending on model purchased. Incentive may not be combined with certain other offers. 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Murder suspect makes bail

A suspect charged with second-degree murder in the slaying of 16-year-old Yazdan Ghiasi has been granted bail, CBC News Online reports. A superior court judge granted bail for Abdulhamid Wehbe, 20. Wehbe must reside with his grandparents in Ottawa, honour a curfew, surrender his passport, and cannot communicate with the other suspects. Two other men charged with being an accessory after the fact have also been granted bail. JOE LOFARO

Cops seek tire slash bandits

Police want the public's help finding a pair of female, tire-slashing bandits ages 50 and 30, who are marauding Orleans area parking lots and lifting purses. In six separate instances women were robbed after parking their cars in shopping centres or schools, police say. Victims returned to their cars to find their tires slashed. Police say a woman approached victims offering help fixing the tire. With the victim distracted, the suspects took the victims' purses while pretending to go for help. METRO

Man faces child porn charges

An Ottawa man faces child pornography charges after the Ottawa Police High Tech Crime/Internet Child Exploitation Unit searched a residence in the west end.

Lyle McCann, 55, is charged with one count of making child pornography available and two counts of possession. He was scheduled to appear in court Thursday. STEVE COLLINS

Vimy. Pilgrimage Medal

▶ Canadian War Museum collections director James Whitham, left, shows off King Edward VII's gold Vimy Pilgrimage Medal with Vimy Foundation president emeritus Andrew Powell and Rev. David MacBain, Thursday.

SEAN MCKIBBON/METRO

War Museum unveils prized Vimy medal

The Canadian War Museum unveiled one of their most prized acquisitions Wednesday. The Vimy Pilgrimage Medal was worn by King Edward VIII when he dedicated the Vimy Morial in France on July 26, 1936. The Vimy Foundation and Rev. David MacBain's cousin, John, purchased the medal at auction for the museum. The medal has "enormous symbolic and intrinsic value to Canada," said the museum's director general, Mark O'Neil, who said the costly victory for Canada at Vimy Ridge in the First World War marked Canada's emergence on the geopolitical stage.

Budget short on bus details

▶ Draft budget calls for $22 million in transit efficiencies ▶ OC Transpo says some savings already achieved but won't rule out route cuts

STEVE COLLINS
OTTAWA@METRONEWS.CA

This year's accelerated budget process and a directive to find savings in the transit budget has some councillors worried about possible bus route cuts.

OC Transpo staff told the city's transit commission Thursday that while they would present members with a list of all possible changes to the transit system before council approves the budget March 10, a detailed report on those changes would not come until after the vote, on March 23.

Innes Coun. Rainer Bloess compared that sequence of events to "putting the cart before the horse."

"It's almost something a little shifty going on in terms of how we're going to sell this to the public, how to get the budget approved before we actually get into the nitty-gritty of what the service changes will be," he said.

Two weeks would then be set aside for public consultations, but Kanata North Coun. Marilyn Wilkinson said that might not give community groups enough time to respond.

"Community associations usually only meet once a month, sometimes less than that," she said. "They get involved in these types of discussions and bus routes are things that affect people's day-to-day lives so it's important that they have a chance to speak up."

"This budget is about more express service and smarter routing. A better service does not mean more milk runs through every neighbourhood ... and crowding through the downtown bottleneck."
MAYOR JIM WATSON, BUDGET SPEECH

1 news

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8. Canada Savings Bond
9. Mutual Funds
10. Commercial Real Estate

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

Premier touts recovery, strides in education

Premier paints pretty picture for Ontario on tail-end of recession 400 new schools and $60 billion for infrastructure cited as helping province recover

JOE LOFARO
OTTAWA@METRONEWS.CA

JOE LOFARO/FOR METRO

▶ Ontario Premier Dalton McGuinty

Premier Dalton McGuinty believes that Ontario is back on track from the worst of the economic recession.

"The recession could have been worse," said the premier in Ottawa on Thursday, adding that the province is recovering faster than other global economies.

He said that 96 per cent of all jobs lost in Ontario during the recession have been recovered, compared to 13.4 per cent in the U.S.

However, he acknowledged the fact that the effects of the recession are still present.

"There are far too many people looking for work so clearly there is more work for us to do together."

Part of his government's plan to improve the workforce is to increase the percentage of adults who have a post-secondary education in Ontario from 63 per cent to 70 per cent.

"In today's world if you want to compete with the best, you're going to have to educate with the best," he said.

The Tooth Doctor©
David J. Halpin, D.D.S.

Choosing The Right Toothpaste For Your Oral Care Needs!

When shopping for toothpaste in your local store you'll likely be faced with dozens of brands to choose from. Your purchase decision may be made based upon personal preferences, budget, favourable recommendations from a friend, or even experimentation. However, it must be said that choosing the right kind of toothpaste requires some careful thought.

To begin with, always check the package to make sure that the toothpaste you choose bears the CDA (Canadian Dental Association) seal of recognition which means that adequate evidence of safety & efficacy have been demonstrated in clinical trials. Toothpaste doesn't just polish your teeth; it also removes the bacteria that cause dental plaque and bad breath. When dental plaque bacteria meet with food debris, they create an acid that attacks the teeth which can eventually cause tooth decay. An accumulation of dental plaque bacteria can result in additional dental problems including gum disease, moreover **these microorganisms also produce volatile sulfur molecules which are a major source of common bad breath.**

The ingredients in toothpastes help control oral bacteria and fight dental problems. **Fluoride which helps prevent cavities by making the entire tooth structure more resistant to decay, and promotes remineralization that helps to repair early decay is the essential ingredient.** Most toothpastes also contain detergents that create a foaming action to help remove food particles and dental plaque. Abrasives add a little extra cleaning power to help remove stains, but can damage your tooth enamel if you brush too vigorously. Breath fresheners can also be added to help make your mouth feel fresh and clean.

If you have sensitive teeth you may need a toothpaste without heavy abrasives. A desensitizing toothpaste works by creating a barrier and blocking irritants from reaching the tooth's nerves. Tartar control toothpastes don't actually remove dental tartar, but they do help to prevent dental tartar from accumulating.

If you have dental implants, full or partial dentures that can stain and absorb odours you may ask your hygienist or dentist to recommend an effective toothpaste to meet your equally special needs.

Contrary to what all those toothpaste commercials show, the amount of toothpaste or gel needed for effective cleaning does not have to be a "heaping" amount! When brushing your teeth just put a "pea-sized" dab of toothpaste on a soft toothbrush that won't damage your gums. Select a starting point on the left or right side of your mouth, then holding your brush at a 45-degree angle towards your gums, gently brush using short, circular strokes for at least two minutes. Gently brushing your tongue too will help to reduce bacteria and unpleasant odours in your mouth. Remember to floss at least once a day to remove plaque and food particles between your teeth and at the gum line. Rinse thoroughly afterwards.

Nothing protects your teeth & gums more, and prevents potentially serious dental problems, than having a regular dental check-up including an oral cancer screening & professional cleaning by our hygienist. We like to see our patients every 6 months or so, to ensure that their teeth & gums remain healthy and functioning properly. We look forward to seeing you soon!

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Dr. David J. Halpin
B.Sc., D.D.S.

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Canadians are tweeting away the days: Report

Twitter found to be favourite social networking application in country Security firm gives Canadian data for first time

Canadians are Twittering away at the office, according to a computer network security firm that analyzes traffic patterns over the Internet.

We're also big on YouTube, Facebook, instant messaging, Gmail, dating applications, and a file-sharing app from China that is notorious for spreading nasty computer viruses.

California-based Palo Alto Networks collected six-months worth of network data at 34 big Canadian companies with hundreds of thousands of workers across the country.

The result suggests that when employees spend the day clicking away in front of their computer screens in their offices and cubicles, it's not all business — it's personal, too.

That raises a host of concerns about loss of productivity, privacy, and security, experts say.

"People who like to do nasty things on the Internet are getting better at using social media tools and applications as a way of spreading malicious software," said Joe Compeau, an expert on information systems at the Ivey School of Business at the University of Western Ontario.

In 2007, the Ontario government instituted a ban on employees using Facebook and YouTube in the workplace, calling it a time-waster. But Facebook and YouTube were in heavy use at 31 of the Canadian companies studied. The latter sucked up six per cent of available bandwidth.

THE CANADIAN PRESSS

Not all bad

Academic research shows that employees that use social media tend to be more creative, innovative and can be more productive in the longer term.

"You take away the tools; I don't think you take away the ability to waste time at work. We're still social. We want to interact with people," said Joe Compeau, an information systems expert.

North Africa. Unrest

Protesters shout slogans in front of the RCD party office after the sign bearing its name was dismantled, in Tunis, on Thursday.

THIBAULT CAMUS/THE ASSOCIATED PRESS

More of the same?

The Constitutional Democratic Rally, RCD, party was founded by ousted Tunisian president Zine El Abidine Ben Ali, who fled to Saudi Arabia last week after 23 years in power. Demonstrators have criticized the new unity government for being mostly made up of old guard politicians from the ruling party.

Woman's 'bizarre' incest appeal dismissed

Ontario's top court says the case of a woman who married her son, conceived several children with him and tried to pass him off as an African prince "gives new meaning to the word 'bizarre.'"

The Court of Appeal for Ontario upheld an incest conviction for a woman named B.D. in a decision released Thursday. B.D., 47, maintains she is married to a man named Prince Wafi R. Dz., a real prince and a descendent of Nigerian or Ethiopian royalty.

THE CANADIAN PRESS

60

Psychiatric reports filed for the woman named B.D. said she suffers from some delusional psychosis and is "intellectually deficient" with an IQ of 60.

Photos of alleged police shootings spark probe

Kenya's largest newspaper in Nairobi published shocking images Thursday of what appear to be undercover police shooting three compliant suspects at point-blank range in the middle of the day on a busy Nairobi highway.

Kenya's Minister for Internal Security George Saitoti said Thursday three police officers are under investigation and could face charges.

Saitoti said three men died in the incident.

The photos printed by the Daily Nation newspaper were taken on a cellphone by a passing motorist.

The photos show two men lying face down and an undercover police officer pointing a gun near their bodies.

A later photo shows two men with multiple bullet wounds to the head, who appear to be dead.

A third killing also apparently took place.

The incident appeared to have occurred on a well-traversed highway opposite a busy regional airport in Kenya's capital.

The paper reported that a police commander at the scene told journalists the suspects had drawn weapons on the police and fired at them, though the photos appear to show a far different tale.

THE ASSOCIATED PRESS

DAILY NATION/THE ASSOCIATED PRESS

In this photo taken Wednesday, a man believed to be a Kenyan undercover cop is seen aiming a weapon at men lying on the road.

For more on this story to go: metronews.ca/toronto

UN Report

The Daily Nation newspaper reported that after the killings, the police turned their guns on journalists at the scene and threatened to shoot them, as well.

A 2009 United Nations report found extra-judicial killings by Kenyan police are systematic and widespread.

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SHOPPERS DRUG MART

Smuggled Tamils face terror claim

They landed on B.C. coast, now government wants them ejected

THE CANADIAN PRESS

▶ Melissa Anderson

More than a dozen Tamils who landed on B.C.'s coast last August have been involved in war crimes, terrorism or human smuggling, say government officials who want them ejected from Canada.

The Canada Border Services Agency has referred 15 cases back to the Immigration and Refugee Board for hearings, with a recommendation to dismiss their refugee claims.

Melissa Anderson, spokesperson for the board, said Thursday the cases all involve men and 14 of the 15 are accused of being involved in a terrorist organization.

The border agency also alleges one of those 14 took part in human smuggling and another was involved in war crimes.

"They are treating our country like a doormat."
VIC TOEWS, PUBLIC SAFETY MINISTER

THE CANADIAN PRESS

Portugal. Sunday's vote

▶ Sailing to victory? Anibal Cavaco Silva holds a replica of a fishing boat as he campaigns Thursday.

PAULO DUARTE/THE ASSOCIATED PRESS

Troubled waters?

Portuguese voters, fearing economic disaster, seem poised to re-elect a conservative economist, front-runner Anibal Cavaco Silva, as president Sunday in a vote that could make governing difficult for Socialist Prime Minister Jose Socrates.

All China wants is a little respect

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Chinese President Hu Jintao denied his country is a military threat despite its arms buildup, and pressed the U.S. on Thursday for closer co-operation.

He urged the U.S. to treat China "with respect and as equals" after a fresh barrage of criticism from lawmakers over human rights.

President Barack Obama had expressed similar human rights concerns a day earlier.

THE ASSOCIATED PRESS

"China-U.S. relations will enjoy ... growth when the two countries handle well issues involving each other's major interests."
CHINESE PRESIDENT HU JINTAO

Big rocket goes west ... and up

2 **The launch was pushed back two minutes to avoid an object in space that could have been in the path of the rocket.**

The largest rocket ever launched from the U.S. west coast blasted off Thursday with a classified defence satellite on board.

The 71.63-metre-tall Delta IV Heavy Launch Vehicle lifted off from Vandenberg air force base in California, carrying a payload for the National Reconnaissance Office.

No payload details were released.

But officials for the rocket builders said the launch was a success.

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▶ A Moroccan teenager known as Ruby has allegedly said Silvio Berlusconi was willing to pay for her silence.

'There were orgies': Tawdry wiretaps leaked

Italian PM Silvio Berlusconi denies wrongdoing

Gossip-loving Italians are devouring a feast of sexy leaked wiretaps about their prime minister, Silvio Berlusconi.

In some purported conversations, Berlusconi's house is described as a brothel with topless girls dancing around.

The 74-year-old prime minister himself is described as a "caricature" by one guest and as having gained weight and having become ugly by another.

The wiretaps were ordered by prosecutors as part of their prostitution probe targeting Berlusconi and his alleged encounters with a Moroccan teenager known as Ruby.

"You see all sorts of things."
A WIRETAPPED WOMAN DESCRIBES A BERLUSCONI PARTY

In one purported wiretap, Ruby tells a woman she has been frequenting Berlusconi's house since the age of 16, but that Berlusconi "thought I was 24 years old."

Ruby on Oct. 26 talked to her father and told him she was with a lawyer.

"Silvio has told him, 'Tell her that I will pay whatever price she wants, the important thing is that she keep her mouth shut, that she deny everything ... that I have never seen a 17-year-old,'" Ruby is heard telling her father.

Ruby has denied any sexual intercourse, saying Berlusconi never "put a finger on me."

A man on another wiretap says: "There were orgies … all girls ... at the end were topless, only in their panties,"

A Berlusconi crony is heard telling a woman to dress up as a sexy nurse and pretend to examine the prime minister as a joke. Berlusconi has denied wrongdoing and denounced the violation of his privacy.

THE ASSOCIATED PRESS

SMITHERMAN'S GIG

'Furious George' takes to airwaves

Former deputy premier and failed Toronto mayoral candidate George Smitherman will take a shot at hosting a talk radio show next week.

Smitherman will fill in for John Tory — a former political foe — Monday on on Toronto's Newstalk 1010.

The station says it will open up the phone lines for listeners to interact with Smitherman, who was dubbed "Furious George" during his time in politics.

Smitherman, who was first elected in 1999, resigned in November, 2009, to take a run at municipal politics but lost the mayoral race to Rob Ford.

Smitherman said he is looking forward to guest-hosting Tory's show.

"I can't wait to tackle the issues head-on," he said.

THE CANADIAN PRESS

U.S. wants a terror suspect

The lawyer for a Canadian man suspected of supporting a terrorist group says his client will fight extradition to the United States.

Sayfildin Tahir Sharif, a 38-year-old Iraqi Canadian, was arrested at the request of the FBI.

"I think any Canadian would want to stay in Canada to answer to charges," lawyer Bob Aloneissi said.

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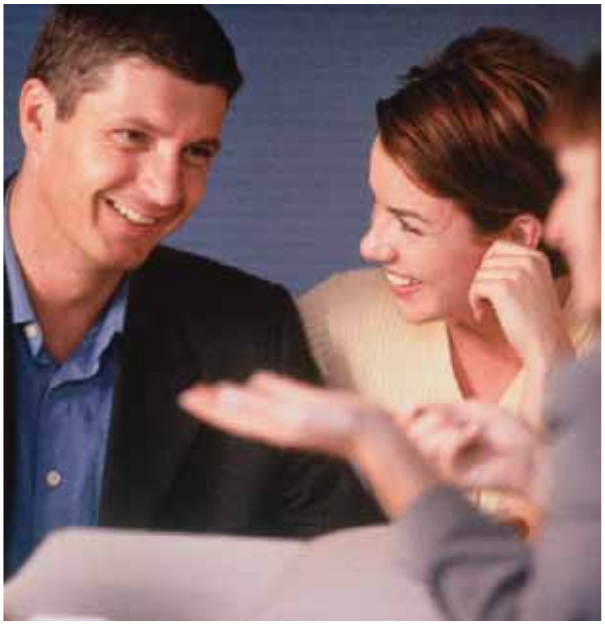

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RYAN REMIORZ/THE CANADIAN PRESS

▶ Federal Liberal Leader Michael Ignatieff delivers a speech to the Youth Chamber of Commerce, Thursday in Montreal.

Liberals defend Sikhs's right to wear daggers

Conservatives now only party that have yet to take a position on whether kirpans can be worn in legislatures

The Liberal party has defended the right of devout Sikhs to wear religious ceremonial daggers in legislatures, chiding a Bloc proposal to ban their presence in Parliament.

The announcement by Liberal Leader Michael Ignatieff on Thursday, which echoes the position of the NDP, makes it clear that any attempt to ban the kirpan would face resistance in Parliament.

That puts Ignatieff at odds with the Quebec legislature, which earlier this week barred entry to a group of Sikhs who were wearing their kirpans.

It now appears clear that the Bloc Quebecois would never receive the all-party consensus it needs to have the Commons' board of internal economy declare the kirpan a security threat.

"The kirpan is not a weapon," Ignatieff told reporters in Montreal. "It's a religious symbol and we have to respect it."

If the kirpan issue causes political dilemmas for some, the Liberals and NDP have taken an unequivocal line. New Democrats have already called the Bloc move shameful.

When asked about the issue Thursday, Ignatieff replied that it should be treated as a question of religious freedom rather than simply a security matter.

"All Canadians have the right to have access to democratic spaces and legislatures," he said in French.

"I was sorry to hear about the Bloc's proposals on the issue."

THE CANADIAN PRESS

B.C.

Avalanche risk high: Experts

As another powerful winter storm dumps snow across much of B.C.'s central and eastern regions, avalanche experts are warning people to stay out of backcountry areas of the province.

The new snow is falling on mountains already heavily laden with heavy snow that fell during the past week. More than a metre fell over the course of a 48-hour period in eastern B.C.

The Canadian Avalanche Centre says the avalanche risk is high from the alpine right into the treeline in coastal areas, and the risks are nearly the same in interior regions.

Meanwhile, police have identified 46-year-old Manfred Rockel of Calgary as the man killed last Sunday in an avalanche near Nelson, B.C.

THE CANADIAN PRESS

Woman discharged in census case

A Saskatchewan woman who was found guilty of refusing to fill out the long-form census has been given an absolute discharge, but that may not be the end of her fight.

Sandra Finley's argument is that the judge erred in the verdict. If she appeals, the papers could be filed with the court next week, Finley said.

THE CANADIAN PRESS

RYAN REMIORZ/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper speaks during a visit to the Bell Textron plant in Mirabel, Que., last week.

Looking back at five years of Harper's rule

Tories formed minority government in 2006 Have changed country's priorities, weathered political tumult

He won office the first time under the banner of "standing up for Canada." Now he travels the country promising to be "here for Canada." But after five years in charge, what has Prime Minister Stephen Harper meant for Canada?

On a policy level, the consensus seems to be — not much.

"When they came to power, they probably thought they would change it more than they've been able to," said Tom Flanagan, who is Harper's former chief of staff.

The realities of minority governments, the dual prorogations of Parliament that killed scores of government bills and the need to put economic management above all else saw little national change over the last five years.

What debate has existed has been over Canada's role in the world, not at home, suggested Antonia Maioni, director of the McGill Institute for the Study of Canada, at McGill University in Montreal.

Canada's environmental record, the war in Afghanistan and even the fight for a seat on the United Nations Security Council have marked the last five years, she said.

"What we've not had is a real conversation on the future of Canada as a federation and the future of Canada in terms of a more long-term strategy."

The political landscape of the country has shifted as Harper led the Tories out of rural ridings, into medium-sized cities and, in the 2008 election, into the suburbs of major ones.

"There has been over the course of his political leadership, no question, a slow and steady march of Conservative gains incrementally in those different constituencies," said Allan Gregg, chairman of the polling firm Harris Decima.

But in the great game of politics, it's still unclear what Harper would like the chessboard to look like in five years.

"Is the end game getting a majority? I don't know, because he is doing pretty well with a minority. Is the end game transforming Canada on some level? Some of the things Harper has done and is doing point to that in incremental fashion," said Maioni.

"He's playing his cards very close to his chest about what his vision is in this."

THE CANADIAN PRESS

What matters to Canadians

A look at the top issues for Canadians when the federal Conservatives took office in 2006 vs. 2011 (based on polling by The Canadian Press/Harris Decima).

2006 issues

- **Environment:** 55%
- **Health care:** 17%
- **Economy/taxes:** 9%
- **Leadership:** 9%

2011 issues

- **Economy:** 35%
- **Jobs:** 22%
- **Health care:** 15%
- **Environment:** 14%

Harper's most memorable moments

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Budget plan doesn't add up: Watchdog

Parliamentary budget officer says Harper's plan to reduce spending can't be done without massive cuts

The federal government's plan to cut $6.8 billion in spending over five years isn't achievable without major service and program cuts, Parliamentary Budget Officer Kevin Page says.

"Without significant reductions ... and without significant program service-related reductions I don't see how they achieve this kind of restraint," Page said on Thursday after releasing a report on whether an operating budget freeze will meet the government's target. When Page's office went to the Harper government to request details on how it plans to find these significant savings, the government refused to co-operate, even though the office was created by the Conservatives to review spending promises. "It's frustrating," Page said, adding the Harper government needs to "come clean" with MPs and Canadians as to how it plans to find billions in savings without cutting programs and services.

TORSTAR NEWS SERVICE

"We are saying to parliamentarians there are a lot of risks that the government won't achieve fiscally and they need to be clear that there may be service-level risks."
PARLIAMENTARY BUDGET OFFICER KEVIN PAGE

FRED CHARTRAND/THE CANADIAN PRESS

▶ Parliamentary Budget Officer Kevin Page

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Mexico. Demonstration

▶ A Mexican migrants' rights activist holds a sign that reads "Obama, migration agreement right now!" in Spanish outside the U.S. Embassy in Mexico City, Thursday.

ALEXANDRE MENEGHINI/THE ASSOCIATED PRESS

Protesters target Obama

Protesters have claimed the Obama administration has failed to address immigration from Mexico promptly and slammed officials for taking it off the White House's agenda last summer. Deportations of illegal migrants from the U.S. reached a record 393,000 in the 2010 fiscal year.

Daughter reunited, 23 years later

19 Baby Carlina was 19 days old when she was abducted from a New York City hospital in 1987.

A woman stolen as an infant from a hospital crib two decades ago spent Thursday at a New York hotel with her long-lost mother as investigators sought the evidence they need to identify and arrest her kidnapper.

No suspects were ever identified in the 1987 disappearance of Carlina White, the 19-day-old infant who vanished from Harlem Hospital. The hospital had no surveillance video. Her parents left the hospital to rest after the baby was admitted in the middle of the night with a high fever. She was missing when they came back.

The parents, Joy White and Carl Tyson, said a woman who looked like a nurse had comforted them at the hospital. She disappeared afterward and apparently never worked there, the family said.

The daughter, living under the name Nejdra Nance, had long suspected she was at least adopted because the woman who raised her could never provide her with a birth certificate. She didn't look like anyone she lived with, police and her family said.

THE ASSOCIATED PRESS

Mafia takes hit in U.S. crackdown

127 associates facing charges for offences including a killing during a botched robbery and a double shooting in a bar fight

More than 120 organized crime associates face charges including murder, extortion and narcotics trafficking in one of the largest Mafia crackdowns in FBI history, prosecutors announced Thursday.

U.S. Attorney General Eric Holder said the 127 defendants include high-ranking members of the Gambino and Colombo crime families and the reputed former boss of organized crime in New England. All five of New York's five major crime families were targeted.

BROWARD SHERIFF'S OFFICE/THE ASSOCIATED PRESS

▶ Luigi (Baby Shanks) Manocchio

Luigi Manocchio, the reputed former head of New England's Patriarca crime family, was arrested in Fort Lauderdale, Fla., a U.S. attorney's office said. An indictment accused him of collecting protection payments from strip club owners. THE ASSOCIATED PRESS

Manitoba. Devalued?

▶ Assistant Prof. Gabor Lukacs stands outside the Manitoba law courts Thursday in Winnipeg. The University of Manitoba is in court to defend its decision to grant a PhD to a student who failed an exam.

DAVID LIPNOWSKI/THE CANADIAN PRESS

Professor challenges student's PhD

The University of Manitoba says it waived a failing grade because a student was otherwise exceptional, but suffered from acute exam anxiety. The decision is being challenged by assistant professor Gabor Lukacs who says it devalues the university.

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3-D industry pushes on as some get sick

25 per cent of Americans experience headaches, blurred vision when viewing 3-D: American Optometric Association

From Hollywood studios to Japanese TV makers, powerful business interests are betting 3-D will be the future of entertainment, despite a major drawback: It makes millions of people uncomfortable or sick.

Optometrists say as many as one in four viewers have problems watching 3-D movies and TV, either because 3-D causes tiresome eyestrain or because the viewer has problems perceiving depth in real life. In the worst cases, 3-D makes people queasy, leaves them dizzy or gives them headaches.

Researchers have begun developing more lifelike 3-D displays that might address the problems, but they're years or even decades from being available to the masses.

KIYOSHI OTA/GETTY IMAGES

▶ Seth Rogen wears mock 3-D glasses for the Japanese premiere of The Green Hornet on Thursday.

That isn't deterring the entertainment industry, which is aware of the problem yet charging ahead with plans to create more movies and TV shows in 3-D. Jeff Katzenberg, CEO of Dreamworks Animation SKG Inc., calls 3-D "the greatest innovation that's happened for the movie theatres and for moviegoers since colour."

Theatre owners including AMC Entertainment Inc. and TV makers such as Panasonic Corp. are spending more than a billion dollars to upgrade theatres and TVs for 3-D.

A handful of satellite and cable channels are already carrying 3-D programming.

THE ASSOCIATED PRESS

Super. Tough

▶ A reporter tries to scratch the surface of a Dragontrail glass developed by Asahi Glass Co. with a key during a news conference in Tokyo Thursday.

TOMOKO HOSAKA/THE ASSOCIATED PRESS

Glass worth your scratch

Asahi Glass, Japan's largest glass maker, unveiled a super-tough, scratch-resistant cover for gadgets that it says is six times stronger than conventional glass.

Digital music sales drop drastically

The growth in digital music sales is slowing considerably, falling into the single digits for the first time since record, according to figures released Thursday. The International Federation of the Phonographic Industry said digital sales increased by six per cent in 2010 — only half the growth rate registered in 2009. THE ASSOCIATED PRESS

Market moment

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Kindergarten Registration

January 24-28, 2011

Registration for junior and senior kindergarten is the week of **January 24 to 28, 2011** at all Ottawa Catholic School Board elementary schools, with registration ongoing through to spring 2011. Non-Catholic elementary children may attend a Catholic school on a **space availability basis**. It is imperative that parents call their local school for information as to the availability of space within that school.

If your child will be four or five before December 31, 2011, please phone your local elementary school for registration dates and times. You will need to provide either a parental **OR** child's Roman Catholic baptismal certificate, and **child's** birth certificate or other government document to show proof of age; your child's immunization record; and his or her health card.

Our schools offer an excellent kindergarten curriculum including French language instruction, with the unique dimension of quality Catholic education. Most of our elementary schools offer a half-day kindergarten program. In the 2010-2011 school year, 12 of our schools began offering full-day kindergarten. In September 2011, four additional schools will offer full-day kindergarten for four-and five-year-old children as well as before and after school care options. For a list of 16 sites that will offer the full-day program, go to **www.OttawaCatholicSchools.ca/content.php?doc=6418.**

We also offer comprehensive programs for children with special needs as well as resources for children of Aboriginal ancestry. Our Family Welcome Centre for Newcomers supports new students and their families, whose first language is not English, integrate into the Ottawa Catholic school system. More information on the Centre can be found on our website.

Students who live 0.8 km or more from their school may be eligible for school bus transportation.

For more information about registration, please phone your local school. If you're not sure which Catholic school serves your community, please check our online School Locator or phone the Planning Department at 613-224-4455, ext. 2321. School boundary maps are also available on the Board's website.

Ottawa Catholic School Board

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COURTESY OF AUSTIN YOUNG

▶ Margaret Cho

5 MINUTES WITH: MARGARET CHO

Comedian, singer and actress Margaret Cho performs Saturday night at the NAC.

You're coming to Ottawa in January. Do you own winter gear?
Yeah, I do. I mean, not a lot, but I'll wear it all at the same time.
Have you been to Canada much?
Yes, I've done a lot of shows there. I just love it. I just feel like it's good for me. It's a very politically progressive country.
You're licensed to perform gay weddings back in California.
Yes, actually all over. I now have one of those online universal ministry cards, or whatever, so I can perform weddings everywhere. But I am officially a marriage commissioner in San Francisco, so I can perform weddings in city hall.
Are there any special touches to a Margaret Cho wedding?
Not really. It's generally something I really enjoy. It's still rare because we don't have gay marriage in all states. It's a really wonderful thing to do. It's a real honour and a real celebration of our rights when we get to do it, so it's a powerful experience.
What are you going to do Saturday? What's in the show? Is it rude?
Oh, probably rude, yes. There'll be a few songs in there. I have an album that just got nominated for a Grammy called Cho Dependant, so I'll do a couple of songs from the album. It's a lot of fun stuff. I'll talk about my experience on Dancing With The Stars, which really took up a lot of time the last few months, so that's funny and fun.
Was there ever a joke you made that you wish you hadn't?
Oh, I'm sure there are but I just can't remember. I mean, you make so many jokes at people's expense and then you kind of forget. Especially as I get older I remember absolutely nothing about anything, so I'm sure that I have regrets, but I don't know what they are.
What's coming up for you this year?
I'll go to the Grammys and then go back to work on my show, Drop Dead Diva, which is in its third season now. So I'll work on that and then I'll go to Australia, New Zealand and England for the last part of this tour. Then I'll be writing my new show and writing my new album, which is all about race. It's called the Yellow Album.

STEVE COLLINS

Cartoon

MICHAEL DE ADDER

Invest in sun block stocks

Worth mentioning

The warmest year on record is a three-way tie: 2010, 2005 and 1998.

So says the UN weather agency, providing further evidence Thursday that the planet is slowly, but surely, heating up.

Average temperatures globally last year were 0.53 C higher than the 1961-90 mean that is used for comparison purposes, according to the World Meteorological Organization.

That's a bit lower than what the U.S. National Climatic Data Center announced earlier this month, but the World Meteorological Organization also uses figures based on data collected by Britain's Meteorological Office and NASA.

"The 2010 data confirm the Earth's significant long-term warming trend," said Michel Jarraud, WMO's top official. He added that the 10 warmest years after records began in 1854 have all occurred since 1998. The average worldwide temperature for the 20th century was 13.9 C.

But rising global temperatures over the last century are causing climate experts to worry. Most atmospheric scientists attribute the change to carbon dioxide and gases released into the air by gasoline-burning engines and other industrial processes. The gases tend to trap heat in the atmosphere like a greenhouse.

THE ASSOCIATED PRESS

Tropical temperatures

Who should replace Regis Philbin? Why?

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Metro Minute at Culture Shock

Do you think you can dance? Well prove it to the judges at Culture Shock Canada and get a chance to become part of Ottawa's premiere hip-hop dance troupe. Culture Shock is part of a worldwide organization that strives to improve communities with positive energy and great dancing. Auditions will take place Friday at GoodLife Fitness inside the Rideau Centre. Dancers will be asked to perform choreography that will be taught on location and a short freestyle presentation. Interested dancers should register at 6:30 p.m. with appropriate identification before auditions begin. The results will be given after auditions are over.

JOE LOFARO

Three days to play

HAS ONTARIO'S ECONOMY RECOVERED FROM THE RECESSION?

Nick Chan
No. I'm from southern Ontario. I don't think we're getting those manufacturing jobs back.

Tom Allen
It depends. I think the financial industry is doing just fine.

▶ Ashton Kutcher and Natalie Portman star in No Strings Attached, which opens today.

2 scene

Scene in brief

The Dude and 30 Rock boss Jack Donaghy are coming to the Screen Actors Guild Awards.

Producers say SAG Award nominees Jeff Bridges and Alec Baldwin will help present prizes at the 17th annual ceremony, along with LL Cool J, Josh Duhamel, Amy Poehler and Glee star Cory Monteith.

The Screen Actors Guild Awards, honouring the year's best performances in film and television, will be presented Jan. 30 at the Shrine Exhibition Center in Los Angeles and broadcast live on TNT and TBS.

THE ASSOCIATED PRESS

Reel Guys

RICHARD CROUSE & MARK BRESLIN

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Love kills laughs

Richard Crouse and Mark Breslin debate the merits of No Strings Attached
Supporting cast much more interesting than two leads in this rom-com

Richard Crouse: I don't know about you Mark, but I don't think Natalie Portman has to worry about No Strings Attached "Norbiting" her chance of an Oscar nomination. It has charm here and there, but is so bland I don't even think Academy Award voters will even remember she was in the movie by Monday when their ballots are due. Thoughts?

Mark Breslin: I think the movie proves she has a gift for light comedy – very, very, very light comedy. I agree the movie is bland, but the good news is that its weightlessness is an antidote to the legion of overstated rom-coms. For the first half of the picture, I found myself applauding its gentle, loping rhythms. Then I fought to stay awake.

RC: I hear you. The sex-is-easy, love-is-hard premise works well enough when she and Kutcher are arranging trysts by text and keeping it informal but when the l-word — that's love — rears its head the movie becomes predictable and dull. Perhaps it's because the leads aren't nearly as interesting as the supporting cast.

MB: Yes, yes! Great supporting cast! Kevin Kline, Lake Bell, Olivia Thirlby and many more inject the movie with the verve it needs. But now for the big question, Richard — Ashton Kutcher. Well?

RC: He looks good in a suit and can deliver a line but I really thought his role could have been played by any number of actors — Paul Rudd and Josh Duhamel maybe — and it wouldn't have made any difference to the finished product. Back to the supporting cast though. You're in the comedy biz. Can't you get Lake Bell a better gig than this. She's fantastic.

MB: Let me call the folks over at Little Mosque and see what they can do … As for Kutcher, I prefer him in sleazy cynical roles. There's nothing more boring than a reformed cad. How much do we blame director Ivan Reitman for all of this? Should he start taking lessons from his son?

RC: Not yet. He is, after all, the guy who directed Ghost Busters, so as far as I'm concerned he's alright by me. I'm willing to write No Strings Attached off as a noble but so-so attempt at a modern rom-com. My fingers are still crossed for Ghostbusters 3.

Plot synopsis

▶ No Strings Attached is the new R-rated dating comedy from director Ivan "Ghost Busters" Reitman. Ashton Kutcher and Natalie Portman play 20-something Los Angelenos who define their relationship as "friends with benefits" until they realize they're falling in love.

▶ **Ratings:**
Richard's: ●●
Mark's: ●●½

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▶ Sir Anthony Hopkins stars as an exorcist in The Rite, which opens next Friday.

Hopkins knows what scares you

Oscar winner takes on demons in The Rite Says religious certainty can be just as scary as a horror film

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"I know what scares people, I know what's scary on film, because that's what I do. I guess I've got a knack for it, but it doesn't mean I'm a scary person. My wife's not scared of me. I'm scared of her."
ANTHONY HOPKINS

At 73 years old, Sir Anthony Hopkins is trying to live by a new life philosophy: expect nothing.

"Expectation leads to resentment and depression, so I have no expectations," he says. "To be realistic is a great freedom. I have no illusions about my position in this world as an actor or anything like that. No illusions at all. I'm very realistic. Reality is a very liberating thing."

But this recently discovered enlightenment doesn't mean Hopkins isn't doing anything anymore. The notoriously busy actor has several projects lined up, as well as a number of completed films out this year, including his latest, The Rite.

In the religious thriller, Hopkins stars as a veteran exorcist fighting on the front lines for the Vatican. But it wasn't a project he immediately jumped at.

"I thought I didn't want to play another spooky guy, you know? I wasn't sure," he says.

Then, of course, there was the subject matter. Let's just say religious certainty doesn't exactly jibe with Hopkins' newfound philosophy.

"I don't know what my beliefs are, really, about any of it," he says. "Anyone who says they know — 'I believe in the truth.' Oh, the truth? A lot of trouble that got us into over the last thousands of years. Hitler knew the truth. So did Stalin, so did Mao Zedong, so did Torquemada in the Spanish Inquisition. They all knew the truth, and that caused such horror. Certainty is the enemy. Human beings? We know nothing."

But despite any qualms Hopkins has with Catholicism, he's more than happy to play a character who's more than a little scary — and the man who is still best known for playing Hannibal Lecter knows a thing or two about being scary.

"You have fun with it. I know what scares people, I know what's scary on film, because that's what I do," he says. "I guess I've got a knack for it, but it doesn't mean I'm a scary person. My wife's not scared of me. I'm scared of her."

Part of Hopkins' fresh sense of calm has come from not taking Hollywood too seriously, he insists.

"What is so liberating about this whole business is when you see the big movies are going to come out, and then you see them up in Malibu in a little triplex theatre a week later on a scratched negative and you think, That's it?" he says. "It's a great liberation thinking that none of it is important. That's a great feeling — nothing matters anymore."

Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

Another Year, another Leigh masterpiece

Another Year
Genre: Drama
Director: Mike Leigh
Stars: Leslie Manville, Jim Broadbent, Ruth Sheen
●●●●

Another Year is another painfully realistic domestic drama (with plenty of comedy of course, it wouldn't be as real without it) from British master Mike Leigh.

The simple story follows a year in the life of a married couple (Jim Broadbent and Ruth Sheen) whose seemingly effortless domestic bliss is shown in contrast to their perpetually single and consequently perpetually depressed friends.

The message might sound gooey and sentimental, but like all of Leigh's work it's delivered too subtly and realistically to ever feel manipulative. Credit, as always, must be given to Leigh's remarkable cast who created their characters through weeks of improvisation, especially longtime Leigh collaborator Leslie Manville whose portrayal of an aging, emotionally stunted alcoholic is heartbreaking, hilarious, and awards-worthy

● PHIL BROWN

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5 best Ed Harris roles

Versatile actor has such a big, distinguished resumé it's hard to narrow it down to just his five best performances A couple of great astronaut movies make the cut though

Here's how consistently good Ed Harris is: He easily could have merited a list of 10 best performances, not just the five we do each week here.

It was tough to narrow it down. His performances in Gone Baby Gone and A Beautiful Mind are just a couple that have stood out over his three-plus decades of work but didn't make the cut. And so with The Way Back expanding into more theatres over the next few weeks, we had the daunting task of selecting the five most outstanding Harris performances.

THE ASSOCIATED PRESS

1
The Truman Show (1998)

His portrayal of Christof, the precise executive producer of a reality show starring an unsuspecting insurance salesman, earned him one of his four Oscar nominations.

From his vast control centre high atop an artificial dome, he monitors and controls every move Truman Burbank (Jim Carrey) makes. In his sleek beret, he is the cold, steely centre of a bright, perky contrivance — chilling in the command of his creation, seemingly detached from any actual semblance of humanity. Christof gets off on playing God, but he does it with a laid-back sense of cool.

2
A History of Violence (2005)

As the leader of a group of thugs who ride into a small Indiana town in a shiny black car to take back one of their own, Harris is deeply frightening.

The facially misshapen gangster he plays, Carl Fogarty, insists that Viggo Mortensen's character is not merely the town's mild-mannered, well-liked diner owner and family man, but actually a killer, just like him.

His damaged left eye and scarred cheek make him visually startling, but Harris plays the role in a gravelly, reserved manner that makes him more terrifying than if he'd approached the part as some sort of swaggering, bombastic stereotype.

3
Pollock (2000)

As actor and director, this is Harris' love letter to abstract painter Jackson Pollock, who rose from Greenwich Village obscurity to international celebrity, then descended into alcohol and self-pity and died, at 44, in a late-night, drunk-driving crash in 1956.

The film itself feels a bit like a by-the-numbers biopic, but Harris' raging, Oscar-nominated performance is always fascinating to watch. He hovers over a large canvas on the floor, dripping and slapping paint with the flourish of an orchestra conductor, an ever-present cigarette dangling from his lips. He makes Pollock's torment visceral, but also provides the thrill of witnessing a legend in the making.

4
The Right Stuff (1983)

Philip Kaufman's epic about America's first steps into space, based on Tom Wolfe's bestselling book, earned four Academy Awards and grippingly strips down the mythology of heroism.

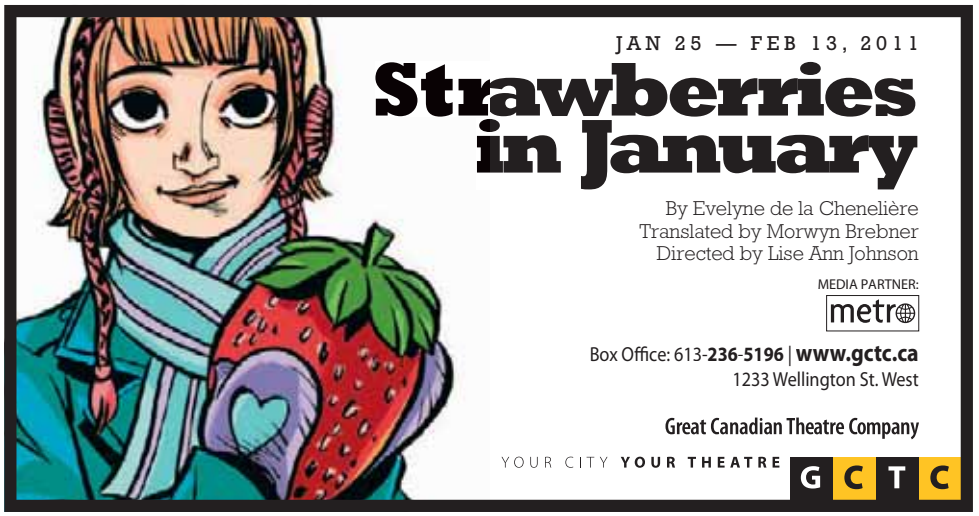
But in a film full of strong performances and detailed figures, including playwright Sam Shepard as Chuck Yeager, a then little-known Harris is perfectly cast as John Glenn, the Marine and former United States senator who in 1962 piloted the first U.S. manned orbital mission around the Earth.

"I just thank God I live in a country where the best and the finest in a man can be brought out," says the earnest Glenn, who becomes Mercury mission's unofficial leader and spokesman.

5
Apollo 13 1995)

Another film about space exploration earned Harris the first of his four Oscar nominations. Director Ron Howard painstakingly recreated the doomed 1970 Apollo moon mission, which nearly left three astronauts stranded in space when an oxygen tank exploded.

As Gene Kranz, the key figure at Mission Control in Houston, Harris oversees the chaos – the swarm of engineers, technicians and scientists. He's intense and passionate, but he also must try to keep enough of a cool head to wrangle everyone's talents and expertise to bring these three men back to Earth. His performance is riveting and full of surprises.



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$11,995

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21,000km

$31,995

BALANCE OF FACTORY WARRANTY

STK D00047

2010 FORD EDGE LTD

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BALANCE OF FACTORY WARRANTY

STK B48634

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$12,995

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STK 100199

2010 CRYSLER SEBRING

$13,995

$139 BI-WEEKLY

STK 104392

2010 DODGE CALIBRE SXT

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$149 BI-WEEKLY

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STK 737075

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$199 BI-WEEKLY

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THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 21 TO THURS., JAN. 27. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Another Year (PG) Fri 6:50 Sat 4:20-9:20 Sun 1-6 Mon-Tue 4:30 Wed 4-6:40 Thu 6:40
Inception (PG) Thu 9:20
Le Père de mes Enfants (STC) Fri 4:30 Sat 7 Sun 8:40
The Social Network (14A) Wed 9:20 Thu 4:05
Vision: From the Life of Hildegard von Bingen (STC) Fri 9:30 Sat 2 Sun 3:40

CANADIAN FILM INSTITUTE
2 Daly Ave., Suite 120, 613-232-6727

No Films Showing Today (STC) Fri-Thu

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

Birds (STC) Fri-Thu 10-12-2 Fri-Thu 11-1-3
Black Bears of the Northwoods (STC) Thu 6 Thu 7
Challenges of Life (STC) Fri-Thu 10:30-12:30-2:30 Fri-Thu 11:30-1:30-3:30
A Modern Castle: The Rebirth of the Canadian Museum of Nature (STC) Fri-Thu 3:30 Fri-Thu 4:25

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

Black Swan (14A) Fri-Sun 12:50-3:45-6:50-9:40 Mon-Thu 4:05-7-9:40
The Chronicles of Narnia: The Voyage of the Dawn Treader (PG) Fri 12:55-3:50-6:40 Sat 3:50-6:40 Sun 12:55-3:50-6:40 Mon-Thu 4:10-6:50
The Dilemma (PG) No Passes Fri-Sun 1:30-4:30-7:25-10:10 No Passes Mon-Thu 4:40-7:20-10
The Fighter (14A) Fri-Sun 1:20-4:15-7:15-10 Mon-Thu 4:25-7:05-9:50
The Green Hornet 3D (PG) No Passes Fri-Sun 12:30-3:30-6:30-9:20 No Passes Mon-Thu 3:45-6:40-9:30 No Passes Fri-Sun 1-4-7-9:50 No Passes Mon-Thu 4:15-7:15-10:10
The King's Speech (PG) Fri-Sun 1:15-4:20-7:30-10:15 Mon-Thu 4:35-7:30-10:15
Little Fockers (PG) Fri-Sun 1:05-3:55-6:35-9:10 Mon-Thu 4:30-6:55-9:45
The Metropolitan Opera: Don Carlo Encore (STC) Sat 12:30
No Strings Attached (14A) No Passes Fri-Sun 12:45-3:40-6:45-9:25 No Passes Mon-Thu 3:50-6:35-9:15 Star & Strollers Screening, No Passes Thu 1
Season of the Witch (STC) Fri-Sun 9:30 Mon-Thu 9:35
A Star Is Born (STC) Sun 12:30
The Tourist (PG) Fri-Sun 7:20-9:55 Mon-Thu 6:30-9:05
Tron: Legacy 3D (PG) Fri-Sun 1:10-4:10-7:10-10:05 Mon-Thu 4:20-7:10-10:05
True Grit (14A) Fri-Sat 12:40-3:25-7:05-9:45 Sun 4:05-7:05-9:45 Mon-Thu 3:55-6:45-9:25 Star & Strollers Screening Thu 1
Yogi Bear (G) Fri 12:35-3:20 Sat 12:35 Sun 12:35-3:20 Mon-Thu 4

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

Barney's Version (14A) Fri 3:30-6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Tue 3:30-6:30-9:30 Wed 3:30-6:30 Thu 3:30-6:30-9:30
Black Swan (14A) Fri 4:10-6:55-9:20 Sat-Sun 12:55-4:10-6:55-9:20 Mon-Thu 4:10-6:55-9:20
The Fighter (14A) Fri 3:50-6:50-9:25 Sat-Sun 12:50-3:50-6:50-9:25 Mon-Thu 3:50-6:50-9:25
The King's Speech (PG) Fri 3:45-4:20-6:45-7:20-9:35 Sat-Sun 12:45-1:15-3:45-4:20-6:45-7:20-9:35 Mon 3:45-4:20-6:45-9:35 Tue 3:45-4:20-6:45-7:20-9:35 Wed 3:45-4:20-7:20-9:35 Thu 3:45-4:20-6:45-9:35
Rabbit Hole (14A) Fri 4-7-9:40 Sat-Sun 12:40-4-7-9:40 Mon-Thu 4-7-9:40
True Grit (14A) Fri 3:40-6:35-9:15 Sat-Sun 12:35-3:40-6:35-9:15 Mon-Thu 3:40-6:35-9:15

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Client 9: The Rise and Fall of Eliot Spitzer (STC) Fri-Sat 7
Demons (STC) Fri 11:55
Dreamcoat (STC) Thu 7
The Fifth Element (STC) Mon 9:15
Live and Let Die (STC) Sat 1 Tue 7
Never Let Me Go (14A) Mon 7 Wed 7
The Next Three Days (14A) Fri-Sat 9:30 Sun 6 Wed 9:15
Octopussy (PG) Sat 3:20 Tue 9:20
The Room (STC) Sat 11:55
Saw Video's Resolution 2011 (STC) Thu 9:30

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

Harry Potter and the Deathly Hallows: Part 1 (PG) Fri 7
Megamind 3D (PG) Sat 2
No Films Showing Today (STC) Sun-Thu

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Burlesque (PG) Fri-Thu 9:55-2:15-4:40-7:05
How Do You Know (PG) Fri-Thu 4-9
Love & Other Drugs (14A) Fri-Thu 6:40-9:10
Megamind 3D (PG) Fri-Thu 10:05-12:05-2:10-4:30
Red (STC) Fri-Thu 1-7:10-9:25
The Social Network (14A) Fri-Thu 10:35-1:10-6:30
Unstoppable (PG) Fri-Thu 12:10-9:30

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

The Dilemma (PG) Dolby Stereo Digital Fri 4:10-7-9:40 Dolby Stereo Digital Sat-Sun 1:25-4:10-7-9:40 Dolby Stereo Digital Mon-Thu 4:10-7-9:40
The Green Hornet (PG) Dolby Stereo Digital Fri 4-6:50-9:30 Dolby Stereo Digital Sat-Sun 1:15-4-6:50-9:30 Dolby Stereo Digital Mon-Thu 4-6:50-9:30
No Strings Attached (14A) Dolby Stereo Digital Fri 4:20-7:10-9:50 Dolby Stereo Digital Sat-Sun 1:35-4:20-7:10-9:50 Dolby Stereo Digital Mon-Thu 4:20-7:10-9:50

SOUTH KEYS
2214 Bank St., 613-736-1115

Black Swan (14A) Fri-Thu 10:55-1:25-4:10-6:55-9:35
Class Concert & Giselle: Bolshoi Ballet Live (STC) Sun 11
The Dilemma (PG) No Passes Fri 10:35-1:15-4:05-6:50-9:50 No Passes Sat 10:35-1:15-4:05-6:55-9:50 No Passes Sun 1:15-4:05-6:50-9:50 No Passes Mon-Thu 10:35-1:15-4:05-6:50-9:50
The Fighter (14A) Fri 11:10-1:50-4:35-7:30-10:05 Sat 4:35-7:30-10:05 Sun-Thu 11:10-1:50-4:35-7:30-10:05
The Green Hornet 3D (PG) No Passes Fri-Thu 10:30-12:30-1:45-3:30-4:45-6:45-8-9:45
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 4-9:30
The King's Speech (PG) Fri-Thu 10:45-1:35-4:15-7:10-9:55
Little Fockers (PG) Fri 10:40-1:05-3:50-6:40-9:10 Sat 10:40-1:05-6:40-9:10 Sun 10:40-3:50-6:40-9:10 Mon-Thu 10:40-1:05-3:50-6:40-9:10
The Metropolitan Opera: Don Carlo Encore (STC) Sat 12:30
No Strings Attached (14A) No Passes Fri-Thu 11-1:40-4:20-7:20-10
Season of the Witch (STC) Fri-Thu 9:40
Tangled (PG) Fri-Thu 11:05-1:30-4:25-7:05
Tron: Legacy 3D (PG) Fri-Thu 12:20-3:40-7-9:50
True Grit (14A) Fri-Thu 10:50-1:20-4:30-7:15-9:55
Yogi Bear (G) Fri-Thu 11:15-1:55-7:25

GATINEAU

CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Animalopolis (STC) Sat-Sun 2:20 Sat-Sun 1:15
Arabia 3D (STC) Fri 12:10-3:25 Sat-Sun 12:10-5:35 Mon 12:10 Tue-Wed 12:10-3:25-8:05 Thu 12:10-3:25 Fri 4:30 Sat-Sun 9:45 Tue 1:15 Wed 4:30 Thu 1:15
Harry Potter and the Deathly Hallows Part 1: The IMAX Experience (G) Sat 8:05 Sun 6:40 Thu 8:05
Harry Potter et les reliques de la mort partie 1: l'experience IMAX (G) Fri 8:05
Tahiti 3D: La Vague Ultime (STC) Fri 1:15 Sat-Sun 4:30 Mon 1:15 Tue 4:30-7 Wed 1:15-9:10 Thu 4:30
The Ultimate Wave Tahiti 3D (STC) Fri 11:05-2:20-5:35-7 Sat 11:05-3:25-7 Sun 11:05-3:25 Mon 11:05-2:20 Tue 11:05-2:20-5:35-9:10 Wed-Thu 11:05-2:20-5:35-7

CINÉ-CAMPUS UQO
283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Carlos (13+) Tue 1-4 Wed-Thu 7
The Green Hornet 3D (G) Fri-Sun 12:50-3:20-6:50-9:20 Mon 6:50 Tue 12:50-3:20-6:50-9:20 Wed-Thu 6:50-9:20
No Strings Attached (13+) Fri-Sun 1:10-3:30-7:10-9:30 Mon 7:10 Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30
Season of the Witch (STC) Fri-Sun 1-3:10-7-9:10 Mon 7 Tue 7-9:10
True Grit (13+) Fri-Sun 12:40-3:6:40-9 Mon 6:40 Tue 12:40-3-6:40-9 Wed-Thu 6:40-9

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Alpha et Omega (G) Fri-Sun 12-1:35
Burlesque (G) Fri-Sun 12-4:45-7-9:05 Mon-Thu 12-3:35-5:40
La Gloire des ondes (G) Fri-Sun 12-5:05 Mon-Thu 12-3:45-5:40
Harry Potter et les reliques de la mort - partie 1 (G) Fri-Sun 2:05-7 Mon-Thu 2-4:35
L'amour et les autres drogues (13+) Fri-Sun 5-9:30 Mon-Thu 12-7:10-9:10
L'appât (G) Fri-Sun 1:55-3:25-7:15-9 Mon-Thu 2:05-7:45-9:15
Megamind (G) Fri-Sun 12-1:45-3:30-5:15 Mon-Thu 12-3:45
Route 132 (G) Mon-Thu 1:45-5:30-7:30-9:30
Le Touriste (G) Fri-Sun 3:10-7:05-9 Mon-Thu 1:55-7:35-9:25

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

Listings not available at press time.

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Ca n'engage à rien (13+) Fri 7:10-9:40 Sat-Sun 12:50-3:40-7:10-9:40 Mon 7:10-9:40 Tue 12:50-3:40-7:10-9:40 Wed-Thu 7:10-9:40
Les Chroniques de Narnia: L'Odyssé du passeur d'aurore (G) Fri-Thu 6:20
Le Cygne Noir (13+) Fri 7:15-9:45 Sat-Sun 1:10-3:50-7:15-9:45 Mon 7:15-9:45 Tue 1:10-3:50-7:15-9:45 Wed-Thu 7:15-9:45
Le Dilemme (G) Fri 7:05-9:35 Sat-Sun 12:40-3:30-7:05-9:35 Mon 7:05-9:35 Tue 12:40-3:30-7:05-9:35 Wed-Thu 7:05-9:35
Le Discours du roi (G) Fri 6:40-9:15 Sat-Sun 12:20-3:05-6:40-9:15 Mon 6:40-9:15 Tue 12:20-3:05-6:40-9:15 Wed-Thu 6:40-9:15
Le Frelon vert 3D (G) Fri 6:50-9:30 Sat-Sun 12:30-3:10-6:50-9:30 Mon 6:50-9:30 Tue 12:30-3:10-6:50-9:30 Wed-Thu 6:50-9:30
Lance et compte (G) Fri 6:30-9:10 Sat-Sun 12:10-2:45-6:30-9:10 Mon 6:30-9:10 Tue 12:10-2:45-6:30-9:10 Wed-Thu 6:30-9:10
La Sorcière Noire (STC) Fri 7-9:05 Sat-Sun 12:40-3:20-7-9:05 Mon 7-9:05 Tue 12:40-3:20-7-9:05 Wed-Thu 7-9:05
Tron: L'héritage 3D (STC) Fri-Thu 8:45
Une vie qui commence (18+) Fri 7:20-9:50 Sat-Sun 1:15-4-7:20-9:50 Mon 7:20-9:50 Tue 1:15-4-7:20-9:50 Wed-Thu 7:20-9:50
Yogi l'ours 3D (G) Sat-Sun 1-3 Tue 1-3

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

Black Swan (13+) Fri-Sun 1:40-4:20-6:50-9:20 Mon 6:50-9:20 Tue 1:40-4:20-6:50-9:20 Wed-Thu 6:50-9:20
Ca n'engage à rien (13+) No Passes Fri-Sun 2:05-4:50-7:35-10:15 No Passes Mon 7:35-10:15 No Passes Tue 2:05-4:50-7:35-10:15 No Passes Wed-Thu 7:35-10:15
Les Chroniques de Narnia: L'Odyssé du passeur d'aurore 3D (G) Fri-Sun 1:20-3:55-6:40-9:30 Mon 6:40-9:30 Tue 1:20-3:55-6:40-9:30 Wed-Thu 6:40-9:30
The Dilemma (G) No Passes Fri-Sun 1:35-4:10-6:55-9:45 No Passes Mon 6:55-9:45 No Passes Tue 1:35-4:10-6:55-9:45 No Passes Wed 6:55-9:45 No Passes Thu 12:15-6:55-9:45
The Fighter (G) Fri-Sun 1:05-3:50-6:35-9:10 Mon 6:35-9:10 Tue 1:05-3:50-6:35-9:10 Wed-Thu 6:35-9:10
Le Frelon vert 3D (G) No Passes Fri-Sun 1:30-4:15-7:30-10:10 No Passes Mon 7:30-10:10 No Passes Tue 1:30-4:15-7:30-10:10 No Passes Wed-Thu 7:30-10:10
The Green Hornet 3D (G) No Passes Fri-Sun 1:45-4:25-7:15-9:55 No Passes Mon 7:15-9:55 No Passes Tue 1:45-4:25-7:15-9:55 No Passes Wed-Thu 7:15-9:55
Harry Potter et les reliques de la mort - partie 1 (G) Fri 1:15-4:30 Sat 1:15 Sun 1:15-4:30 Tue 1:15-4:30
The King's Speech (G) Fri-Sun 1:3:45-6:30-9:15 Mon 6:30-9:15 Tue 1-3:45-6:30-9:15 Wed-Thu 6:30-9:15
L'appât (G) Fri-Thu 7:40-10:05
L'autre Dumas (G) Fri-Sun 1-3:30-6:25-8:55 Mon 6:25-8:55 Tue 1-3:30-6:25-8:55 Wed 6:25-8:55 Thu 12:45-6:25-8:55
Little Fockers (STC) Fri 1:25-4:05-6:45-9:20 Sat 1:25-6:45-9:20 Sun 1:25-4:05-6:45-9:20 Mon 6:45-9:20 Tue 1:25-4:05-6:45-9:20 Wed-Thu 6:45-9:20
The Metropolitan Opera: Don Carlo Encore (STC) Sat 12:30 Sat 12:30
No Strings Attached (13+) No Passes Fri-Sun 1:50-4:40-7:20-10 No Passes Mon 7:20-10 No Passes Tue 1:50-4:40-7:20-10 No Passes Wed-Thu 7:20-10
Raiponce (G) Fri 2-4:35 Sat 4:35 Sun 2-4:35 Tue 2-4:35
Season of the Witch (STC) Fri-Sun 1:55-4:45-7:05-9:25 Mon 7:05-9:25 Tue 1:55-4:50-7:05-9:25 Wed-Thu 7:05-9:25
Tron: Legacy (STC) Fri 1:10-4-7-9:50 Sat 4-7-9:50 Sun 1:10-4-7-9:50 Mon 7-9:50 Tue 1:10-4-7-9:50 Wed-Thu 7-9:50
True Grit (13+) Fri-Thu 7:10-9:40
Yogi l'ours 3D (G) Fri-Sun 2:10-4:55-7:25-9:35 Mon 7:25-9:35 Tue 2:10-4:55-7:25-9:35 Wed-Thu 7:25-9:35

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Fri 6:40-9:20 Sat-Sun 12:50-3:50-6:40-9:20 Mon-Thu 5:10-7:40
The Dilemma (PG) No Passes Fri 7:05-9:45 No Passes Sat-Sun 1:30-4:20-7:05-9:45 No Passes Mon-Thu 5:20-8:05
The Green Hornet 3D (PG) No Passes Fri 7:10-9:55 No Passes Sat-Sun 12:55-4:05-7:10-9:55 No Passes Mon-Thu 5-7:50
The King's Speech (PG) Fri 7-9:50 Sat-Sun 1:10-4-7-9:50 Mon-Thu 5:15-8:10 Star & Strollers Screening Thu 1
Little Fockers (PG) Fri 6:50 Sat-Sun 1:20-6:50 Mon-Thu 5:30
No Strings Attached (14A) No Passes Fri 7:20-10 No Passes Sat-Sun 1:40-4:40-7:20-10 No Passes Mon-Thu 5:40-8:15 Star & Strollers Screening, No Passes Thu 1
Tangled (PG) Fri 6:55-9:30 Sat-Sun 1-4:30-6:55-9:30 Mon-Thu 5:05-7:30
True Grit (14A) Fri 9:40 Sat-Sun 4:10-9:40 Mon-Thu 8

GLOUCESTER

SILVERCITY
2385 City Park Dr., 613-688-8800

Barney's Version (14A) Fri-Tue 12:30-3:30-6:35-9:45 Wed 4-7-10 Thu 12:30-3:30-6:35-9:45 Star & Strollers Screening Wed 1
Black Swan (14A) Fri-Thu 12:55-3:35-6:20-9
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Fri-Thu 12:35-3:20-6:25
Country Strong (PG) Fri-Thu 1:20-4:05-6:55-9:30
The Dilemma (PG) No Passes Fri-Thu 12:50-4:10-7:10-10:10
The Fighter (14A) Fri-Tue 1:40-4:20-7:05-9:50 Wed 4:20-7:05-9:50 Thu 1:40-4:20-7:05-9:50 Star & Strollers Screening Wed 1
The Green Hornet 3D (PG) No Passes Fri-Thu 12:40-1:30-3:40-4:35-6:40-7:30-9:35-10:25
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Thu 3-6:10-9:25
The King's Speech (PG) Fri-Thu 1:05-3:55-6:50-9:40
Little Fockers (PG) Fri 1:10-3:50-6:45-9:20 Sat 3:50-6:45-9:20 Sun-Thu 1:10-3:50-6:45-9:20
The Metropolitan Opera: Don Carlo Encore (STC) Sat 12:30
No Strings Attached (14A) No Passes Fri-Thu 1:50-4:30-7:20-10:05
Season of the Witch (STC) Fri 2:10-4:50-7:35-9:55 Sat 1:25-7:35-9:55 Sun-Thu 2:10-4:50-7:35-9:55
A Star Is Born (STC) Sun 12:30
Tangled 3D (PG) Fri-Sat 1:35-4:15 Sun 4:15 Mon-Thu 1:35-4:15
The Tourist (PG) Fri-Thu 9:10
Tron: Legacy 3D (PG) Fri-Thu 7:25-10:15
Tron: Legacy: An IMAX 3D Experience (PG) Fri-Thu 1-4-7:10
True Grit (14A) Fri-Thu 2-4:40-7:40-10:20
Yogi Bear (G) Fri-Thu 12:45

ORLEANS

ORLEANS TOWN CENTRE 6 CINEMAS
250 Centrum Blvd., 613-834-0666

EMPIRE THEATRES ORLEANS 6 CINEMAS
3752 Innes Rd., 613-830-4400

Black Swan (14A) Digital, Dolby Stereo Digital Fri-Sun 1:20-4:05-7:9:40 Digital, Dolby Stereo Digital Mon 4:05-7-9:40 Digital, Dolby Stereo Digital Tue 1:20-4:05-7-9:40 Digital, Dolby Stereo Digital Wed-Thu 4:05-7-9:40
The Dilemma (PG) Digital, Dolby Stereo Digital Fri-Sun 12:50-3:55-6:45-9:30 Digital, Dolby Stereo Digital Mon 3:55-6:45-9:30 Digital, Dolby Stereo Digital Tue 12:50-3:55-6:45-9:30 Digital, Dolby Stereo Digital Wed-Thu 3:55-6:45-9:30
The Fighter (14A) Digital, Dolby Stereo Digital Fri-Thu 6:30-9:10
The Green Hornet 3D (PG) Dolby Stereo Digital Fri-Sun 12:40-3:40-6:40-9:35 Dolby Stereo Digital Mon 3:40-6:40-9:35 Dolby Stereo Digital Tue 12:40-3:40-6:40-9:35 Dolby Stereo Digital Wed-Thu 3:40-6:40-9:35
The King's Speech (PG) Digital, Dolby Stereo Digital Fri-Sun 12:45-3:35-6:25-9:15 Digital, Dolby Stereo Digital Mon 3:35-6:25-9:15 Digital, Dolby Stereo Digital Tue 12:45-3:35-6:25-9:15 Digital, Dolby Stereo Digital Wed-Thu 3:35-6:25-9:15
L'appât (PG) Digital, Dolby Stereo Digital Fri-Wed 6:20-9 Digital, Dolby Stereo Digital Thu 10
Little Fockers (PG) Digital, Dolby Stereo Digital Fri-Sun 12:55-4:10-7:30-9:55 Digital, Dolby Stereo Digital Mon 4:10-7:30-9:55 Digital, Dolby Stereo Digital Tue 12:55-4:10-7:30-9:55 Digital, Dolby Stereo Digital Wed-Thu 4:10-7:30-9:55
No Strings Attached (14A) Digital, Dolby Stereo Digital Fri-Sun 12:35-4:20-7:10-9:50 Digital, Dolby Stereo Digital Mon 4:20-7:10-9:50 Digital, Dolby Stereo Digital Tue 12:35-4:20-7:10-9:50 Digital, Dolby Stereo Digital Wed-Thu 4:20-7:10-9:50
Raiponce 3D (PG) Dolby Stereo Digital Fri-Sun 1:15-3:45 Dolby Stereo Digital Mon 3:45 Dolby Stereo Digital Tue 1:15-3:45 Dolby Stereo Digital Wed-Thu 3:45
Tangled (PG) Digital, Dolby Stereo Digital Fri-Sun 1-3:50 Digital, Dolby Stereo Digital Mon 3:50 Digital, Dolby Stereo Digital Tue 1-3:50 Digital, Dolby Stereo Digital Wed-Thu 3:50
Tron: Legacy 3D (PG) Dolby Stereo Digital Fri-Sun 12:30-3:30-6:50-9:45 Dolby Stereo Digital Mon 3:30-6:50-9:45 Dolby Stereo Digital Tue 12:30-3:30-6:50-9:45 Dolby Stereo Digital Wed-Thu 3:30-6:50-9:45
True Grit (14A) Digital, Dolby Stereo Digital Fri-Sun 1:10-4-6:35-9:20 Digital, Dolby Stereo Digital Mon 4:6:35-9:20 Digital, Dolby Stereo Digital Tue 1:10-4-6:35-9:20 Digital, Dolby Stereo Digital Wed-Thu 4-6:35-9:20

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Barney's Version (14A) Special Engagement Fri-Sun 11:50-3:30-7:10:15 Mon-Wed 3:30-7:10:15 Thu 4:15-7:15-10:15
Black Swan (14A) Fri-Sun 11:30-2-4:30-7:10-7:40-9:45-10:15 Mon-Thu 2-4:30-7:10-7:40-9:45-10:15
The Chronicles of Narnia: The Voyage of the Dawn Treader 3D (PG) Special Engagement Fri-Sun 11:15-1:55-4:35-7:15-9:55 Special Engagement Mon-Thu 4:35-7:15-9:55
Country Strong (PG) Fri-Sun 10:40-1:25-4:15-7:10-10:05 Mon-Thu 4:15-7:10-10:05
The Dilemma (PG) Special Engagement Fri-Sun 10:35-11:05-1:15-1:45-4:05-4:35-7:05-7:35-9:45-10:15 Mon-Thu 2-4:05-4:35-7:05-7:35-9:45-10:15
The Fighter (14A) Fri-Sun 11:25-2-4:50-7:40-10:25 Mon-Thu 2-4:50-7:40-10:25
The Green Hornet (PG) Special Engagement Fri-Sun 11:30-2:15-5:15-8:15 Mon-Thu 2:45-5:30-8:15
The Green Hornet 3D (PG) Special Engagement Fri-Sun 11:1:45-4:45-7:45-10:30 Special Engagement Mon-Thu 4:15-7:15-10
The Green Hornet: An IMAX 3D Experience (PG) Special Engagement Fri-Sun 10:30-1:30-4:30-7:30-10:15 Special Engagement Mon-Thu 2:15-5-7:45-10:30
Gulliver's Travels (STC) Fri-Sun 10:45-1:10-3:35-5:45-8:10:10 Mon-Thu 3:35-5:45-8:10:10
Harry Potter and the Deathly Hallows: Part 1 (PG) Fri-Sun 12:15-3:35-7:10:10 Mon-Thu 3:35-7:10:10
The King's Speech (PG) Fri-Sun 11:20-2:15-5-7:45:10:30 Mon-Thu 2:15-5-7:45:10:30
Little Fockers (PG) Fri-Sun 10:30-12:50-3:15-5:40-8:05-10:25 Mon-Wed 3:15-5:40-8:05-10:25 Thu 3:15
No Strings Attached (14A) Special Engagement Fri-Sun 10:55-11:25-1:35-2:05-4:25-4:55-7:25-7:55-10:10:30 Special Engagement Mon-Thu 2:05-4:55-7:55-10:30 Special Engagement Fri-Sun 10:55-1:35-4:25-7:25-10 Special Engagement Mon-Thu 2:05-4:25-4:55-7:25-7:55-10-10:30
Season of the Witch (STC) Fri-Sun 11:50-2:25-5:10-7:55-10:20 Mon-Thu 5:10-7:55-10:20
Tangled (PG) Fri-Sun 11:40-2:30-5:05-7:30-9:55 Mon-Wed 2:30-5:05-7:30-9:55 Thu 2:30
The Tourist (PG) Fri-Sun 12:25-2:55-5:25-7:55-10:25 Mon-Wed 2:55-5:25-7:55-10:25 Thu 2:55
Tron: Legacy 3D (PG) Special Engagement Fri-Sun 11:05-2:05-5:10-8:05 Special Engagement Mon-Thu 2:05-5:10-8:05
True Grit (14A) Fri-Sun 11:20-1:55-4:40-7:15-9:50 Mon-Thu 4:40-7:15-9:50
Yamla Pagla Deewana (PG) Special Engagement, Sub-Titled Fri-Sun 10:20-1:50-5:20-9 Sub-Titled Mon-Wed 5:20-9 Sub-Titled Thu 5:20
Yogi Bear (G) Fri-Sun 10:35-12:40-2:55-5:05 Mon-Thu 2:55-5:05
Yogi Bear 3D (G) Special Engagement Fri-Sun 11:10-1:20-3:30-5:40-7:50-10:05 Special Engagement Mon-Thu 3:30-5:40-7:50-10:05

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7th heaven

GETTY IMAGES

Catwoman

Anne Hathaway has clawed her way into the latest Batman movie, nabbing the role of Selina Kyle and her alter ego, Catwoman. Warner Bros. announced the casting Wednesday for Christopher Nolan's latest film in the superhero saga, The Dark Knight Rises. Hathaway will appear opposite Christian Bale, who's returning as Bruce Wayne and Batman.
THE CANADIAN PRESS

GETTY IMAGES

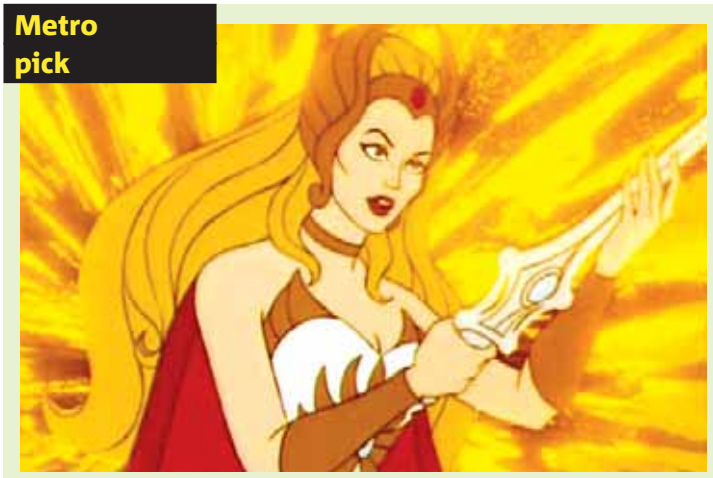
Justin Bieber

Justin Bieber will get his turn on the Grammy stage whether he wins a trophy or not. The Stratford, Ont., native has been added to the roster of performers for the upcoming award show, where he's also nominated for best new artist and best pop vocal album. He will perform alongside his mentor, Usher, and The Karate Kid star Jaden Smith at the 53rd Grammys, to be held Feb. 13 in Los Angeles.
THE CANADIAN PRESS

Bjork

After a number of years without releasing a full-length album, Bjork is nearly finished a new disc of music, MNE reports. The magazine quotes an Icelandic newspaper as saying a song on the singer's follow-up to 2007's Volta was inspired by a National Geographic magazine conference she attended.
METRO

Metro pick



She-Ra

TV's She-Ra is now a quarter century old.

To celebrate the 25-year milestone, the cartoon is being released as a DVD collection this Tuesday.

She-Ra, whose alter-ego is Princess Adora, is the twin siter of He-Man — another popular '80s cartoon franchise.
METRO

Incendies

Denis Villeneuve's Incendies has made a short list of nine foreign-language films vying for an Oscar nomination. The list will be whittled down to five when the final nominations are announced Tuesday. The Quebec film follows twins as they uncover their mother's horrific war-ravaged past. The last time a Canadian film made the final Oscar short list was in 2006 for Deepa Mehta's Water.
THE CANADIAN PRESS

Spartacus

Starz network says Australian actor Liam McIntyre will play the title role in the second season of Spartacus: Blood and Sand. McIntyre will take over the role of the legendary Thracian slave from Andy Whitfield, who starred the first season.
THE ASSOCIATED PRESS

Red

Action-comedy Red gets its small screen release on Tuesday. The film stars Bruce Willis as a former CIA agent who finds himself back in the intelligence game after his home is raided.
METRO

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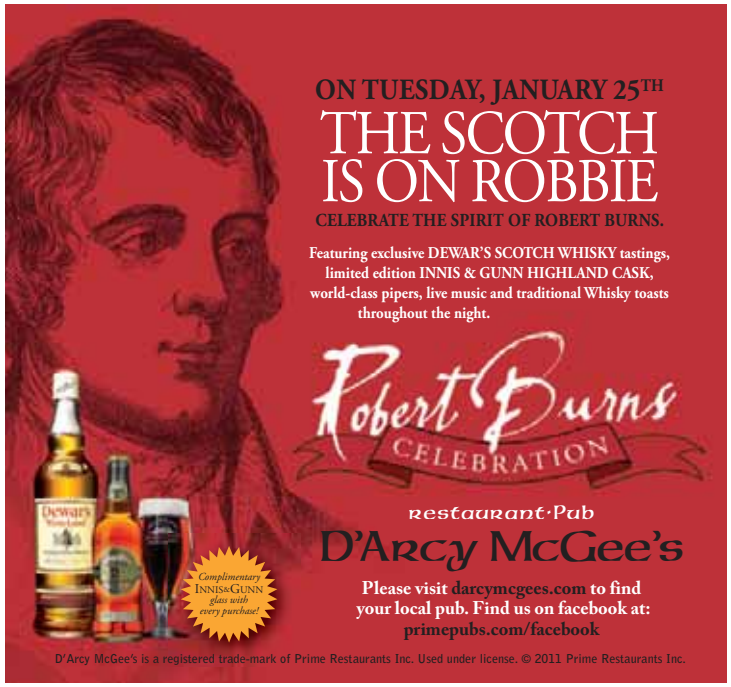
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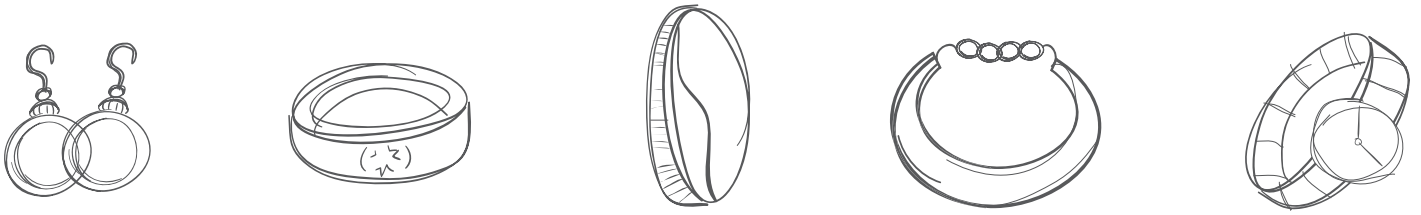

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7 questions with Ben McKenzie

The Southland star chats with Metro about junk food, Justin Bieber and Journey

GETTY IMAGES

▶ Former O.C. heartthrob Ben McKenzie is taking on tougher subjects these days in his role as a police officer in Southland.

He broke out as Ryan Atwood on The O.C., but Ben McKenzie is no longer the brooding teen. The 32-year-old actor has graduated to the gritty, Los Angeles-based police drama Southland, which kicked off its third season last week. In it he plays rookie cop Ben Sherman, who is coming into his own as an officer.

If you had to pick one fast-food chain to eat at for the rest of your life, which one would it be?

I don't think I could do it. Couldn't do it. There's no way. Zero. None.

Favourite dish to cook for yourself when you're not in a rush?

Probably steak.

What's your most prized possession?

My dog. I have a pit bull. His name is Oscar.

Favourite song?

Don't Stop Believin' by Journey.

Favourite word?

Splendiferous.

Did you have posters of famous people on your wall growing up? If so, who?

No, I did not. Bummer, huh? I could make it up. Justin Bieber. He wasn't born yet, but ...

Best piece of advice you've ever been given?

To take a shower. METRO

Turn the dial to delicious

If you receive rave reviews every time guests sample your special strawberry-rhubarb pie or ultimate gourmet lasagna, it might be time to step up to the stove to compete in a new reality TV series.

This fall the culinary competition Recipe to Riches will give home cooks with amazing recipes a chance to show off on TV — plus earn a cool $250,000, billed as the largest cash prize in Canadian reality show history.

Participants will compete in one of seven culinary categories: appetizers, sweet and savoury snacks, cakes, sweet pies, savoury pies, entrees and frozen treats.

For those who are ready to divulge their secret family recipe, auditions are coming up in Halifax on Feb. 5, in Vancouver on Feb. 12, in Montreal on Feb. 19 and in Toronto on Feb. 26. Details of the competition rules are also available on the website.

THE CANADIAN PRESS

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TV picks

Brit-comedy dream team do it again

COMEDY. Ricky Gervais and partner-in-crime Stephen Merchant have yet another new show together, this time it's a travel series called An Idiot Abroad. Like in The Ricky Gervais Show, their hapless friend, poor Karl Pilkington, explores the wonders of the world and inevitably faces some form of hardship. (Friday, Discovery)

Leary lashes out against all that annoys

SPECIAL. Foul-mouthed comic Denis Leary tees off on the things that annoy him in the hour-long special Denis Leary & Friends: Douchebags and Donuts. He's joined by comic Whitney Cummings and his Rescue Me co-stars. (Saturday, Comedy Network)

The awesome adventures of a travelling tub?

MOVIE. It's not exactly a comedy classic, but Hot Tub Time Machine defied low expectations and had a lot of laughs, despite a pretty ridiculous premise. John Cusack and Rob Corddry star in the story of four friends who are transported back to the 1980s by a hot tub. (Saturday, MFun)

A hunt to find an invisible family

DOCUMENTARY. Donor Unknown: Adventures in the Sperm Trade follows a young woman's mission to meet her biological father, who anonymously donated to a sperm bank, and the 13 half-siblings that she discovers are out there. She eventually sets out to meet him and Jeffrey Harrison, formerly known as Donor No. 150, is happy to oblige. (Sunday, CBC News Network)

THE CANADIAN PRESS

GLAAD to be nominated

The Gay & Lesbian Alliance Against Defamation is honouring movies, musicians, TV shows and other media properties that offer fair and inclusive representations of the gay community.

GLAAD announced nominees Thursday for its 22nd annual Media Awards, which will be presented during a series of ceremonies in the spring.

TV drama series nominated for telling stories about the gay community are ABC's Grey's Anatomy and Brothers & Sisters, HBO's True Blood, ABC Family's Pretty Little Liars and TeenNick's Degrassi.

Comedy series nominees are: Showtime's Nurse Jackie and United States of Tara, Fox's Glee, ABC's Modern Family and ABC Family's Greek.

A complete list of nominees can be found on GLAAD's website.

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HANDOUT

▶ HBO's True Blood has been nominated by the Gay & Lesbian Alliance Against Defamation for its representations of the gay community.

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Sundance offers Oscar sneak peek

Indie film festival builds awards momentum At least four of last year's films are strong Oscar prospects

SUZANNE TENNER/AP PHOTO/FOCUS FEATURES

▶ Annette Bening, left, and Julianne Moore in a scene from The Kids Are All Right.

It's a winter ritual at the Sundance Film Festival: As organizers present this year's crop of independent films, they'll get to see how last year's fared at the coinciding Academy Awards nominations.

At least four dramas that premiered at Sundance a year ago — including Winter's Bone, Blue Valentine and The Kids Are All Right — have strong prospects at Tuesday's Oscar nominations, which come right in the middle of the 11-day festival.

And seven of the 15 films on the short-list for the documentary Oscar nominations also debuted at Sundance in 2010.

Robert Redford's festival was started to give young filmmakers a showcase and help them connect with distributors to land their films in the real world.

As the festival has grown, so has the quality and calibre of talent, and almost every year now, a few films emerge from Sundance to compete with the best of what the studios have to offer at the Oscars.

The urban drama Precious won the top Sundance prize in 2009 and earned six Oscar nominations last year, including best picture. It won the supporting-actress Academy Award for Mo'Nique.

The Ozark crime tale Winter's Bone earned Sundance's top honour a year ago and now is in the running for a best-picture Oscar nomination, along with a best-actress slot for Jennifer Lawrence.

"As you start to go down lists of films that came out in the last year, you look for that kind of raw creativity," said festival director John Cooper.

"That's why something like a Winter's Bone rises up and surpasses other less interesting Hollywood movies that came out."

The lesbian-family tale The Kids Are All Right is also a strong contender for a best-picture Oscar nomination. Annette Bening won a Golden Globe for the film and is a potential best-actress front-runner on Oscar night.

The marital drama Blue Valentine has lead-acting prospects at the Oscars for Michelle Williams and Ryan Gosling.

Another 2010 Sundance premiere, the Australian crime thriller Animal Kingdom, could earn co-star Jacki Weaver a supporting-actress nomination.

Other past Oscar contenders that came out of Sundance include Little Miss Sunshine, In the Bedroom, You Can Count on Me, Hustle & Flow and Junebug.

THE ASSOCIATED PRESS

MICHAEL TOMPKINS/THE CANADIAN PRESS/HO-ALLIANCE

▶ Actor Rutger Hauer is shown in a scene from the film Hobo with a Shotgun.

Hobos, killers helm Canada's Sundance films

Canadian filmmakers offer up horror and gore

A bloody encounter during his first trip to the Sundance Film Festival convinced Nova Scotia director Jason Eisener it was the right place to debut his over-the-top gorefest Hobo with a Shotgun.

The 28-year-old says a wild melee broke out in front of the theatre when he screened his 2008 horror short Treevenge alongside a Nazi zombie film called Dead Snow, proving to him that the indie showcase offered one of the craziest audiences a moviemaker could ask for.

"When I came out of the theatre I saw blood and broken glass on the ground and I had no idea what had happened," Eisener said earlier this week as he prepared to leave for Robert Redford's annual movie marathon, which kicks off Thursday.

"I asked the guy who was selling tickets and he said when the screening sold out people started throwing chairs at the theatre and this little mini-riot broke out in front of the theatre. I've been to other genre festivals and seen really rowdy audiences — I thought Sundance might be a little tamer but in some ways it was one of the craziest screenings I've ever seen."

Eisener is hoping for that same unbridled enthusiasm as he returns to the 11-day fest with his first feature, a violent revenge tale screening Friday in the festival's Park City at Midnight category.

Already, buzz is heavy for the outlandish, exploitation-style B-movie, which started out as a fake movie trailer that won a contest helmed by Grindhouse directors Robert Rodriguez and Quentin Tarantino.

It's one of several Canadian projects headed to picturesque Park City, Utah, where high-profile Hollywood offerings include the Sam Levinson drama Another Happy Day with Demi Moore; J.C. Chandor's finance thriller Margin Call with Kevin Spacey; and Vera Farmiga's directing debut, Higher Ground. THE CANADIAN PRESS

Sound Check

ALAN CROSS
SCENE@METRONEWS.CA

MYSTERY OF THE BIG FADE-OUT

There are three ways a song can end.

There can be a defined, abrupt conclusion — something radio people call a "cold" ending. Other songs come to an end with a nice last chord that slowly disappears into silence. The third way to end a recording is to have the catchy part of the song continue while simultaneously dropping the volume until there's nothing left. That's called the fade-out. Thousands upon thousands of tracks end this way.

But who came up with this idea? The thought came to me the other day when I caught myself listening to some music while at the mall. Fading a song into nothingness is peculiar to recordings; you almost never, ever see it done in live performances.

No one knows who invented the technique. The fade-out couldn't have appeared any earlier than the late 1940s, when magnetic tape — an invention of the Nazis brought to America by allied soldiers — replaced the practice of one-take mechanical recordings cut directly onto a master copy. For the first time, recordings could be edited, multi-tracked and, yes, faded out.

So why did this catch on? Some composers and arrangers felt liberated because for the first time, they didn't have to come up with a concrete way to end a song.

Lazy, perhaps, but it certainly solved the problem of having to find an ending.

Another possibility is that producers or artists decided that the fade-out was the perfect way to emphasize the hook of the song — the signature melody line or construction that forms the basis of the composition — over and over again as the track ended. That way, they theorized, the hook would be burned into the listener's mind.

Another theory subscribed to by musicians, artists and managers was that fading out a song using the hook left the impression that the song never ended. Something so glorious and dramatic shouldn't have an end. The song was eternal and could be revisited ad infinitum simply by moving the needle back.

My theories are a lot less esoteric.

Back then, radio stations often refused to play songs that were longer than three minutes. The quickest way to cut a long song down to the maximum allowable length was simply to fade it out. The other thing to consider is that the fade-out caught on just because it sounded – well – cool.

And it stuck.

HOT BUYS
Hot Buy* $14.99
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Hot Buy* $19.99
Pro Performance Micronized L-Glutamine 454 g
Hot Buy* $22.79
Pro Performance Maximum Whey 908 g
Hot Buy* $52.49
Gaspari Nutrition Super Pump 250 800 g
Hot Buy* $51.99
Genuine Health Greens + Extra Energy 409/445 g
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Renew Life CleanseSMART + FREE FibreSMART
Hot Buy* $34.99
Hot Buy* $24.99
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Rivalus Rapid-Fx 60 capsules
Hot Buy* $47.49
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* Offer valid Jan. 20 to 31, 2011. Offers limited to quantity on hand. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items.

News in brief

Urban to perform at Super Bowl

MUSIC. Country music star Keith Urban is set to perform live from Cowboys Stadium as part of the Super Bowl pre-game festivities next month.

The Fox Super Bowl Sunday pre-game show begins at 2 p.m. ET and will be broadcast worldwide on Feb. 6.

THE ASSOCIATED PRESS

The Roots set to hit Jazz fest

MUSIC. John Legend & The Roots, Willie Nelson, Kid Rock, Bon Jovi, Wyclef Jean, Lauryn Hill, Arcade Fire, Wilco and Cyndi Lauper are among the headliners for the 2011 New Orleans Jazz and Heritage Festival.

THE ASSOCIATED PRESS

KRISTIN BARLOWE/THE ASSOCIATED PRESS

▶ Mandisa Hundley

'Thorn in my flesh'

Former American Idol finalist Mandisa explores her emotional journey of weight loss in new album

The 10th season of American Idol kicked off Wednesday night, and some people's lives will be changed forever.

Former Idol finalist Mandisa Hundley knows the feeling.

The two-time Grammy nominee finished in the Top 10 the year Taylor Hicks won, and is now planning to release her third gospel album on April 5 called, What If We Were Real.

But as it turns out, her biggest life change came after the show. She embarked on an emotional weight loss journey two years ago and has since lost 90 pounds.

Mandisa's struggles fueled her new music.

"Where I was at the beginning of this album and where I ended up are two very different places," she told The Associated Press in an email. "It's been a process. I will always struggle with my weight. It's the thorn in my flesh."

Standing on a scale one morning and seeing a disappointing number prompted Mandisa to finally get real with herself and her fans.

"I had gained weight and was so frustrated at that moment that I said so on Twitter."

She tweeted: "I'm fed-up and over it."

"I was feeling embarrassed and ashamed. I realized that I had only talked about how great things were. I never let people in when things were not. It was then that I decided I'd talk about the bad things too," she said.

The result is what Mandisa calls her most honest record to date.

She began recording "in a very dark place." The title track and the song Just Cry came out of those early sessions.

However, by the end of the process she said she was back to a place of peace and joy, with the song Lifeline, about unwavering trust in God, which was the last track she recorded.

THE ASSOCIATED PRESS

On her way

- Mandisa is on her way to losing 100 pounds but said she doesn't have a goal weight.
- "My only goal is to be healthy physically, spiritually, and emotionally. That is a lifelong journey," she said.

Train has no problems flying under the radar

Even though Train is responsible for the ditty that by some measures was last year's most popular song — the ubiquitous Hey, Soul Sister — the trio has yet to experience massive mainstream popularity.

Although Pat Monahan has fronted the group for over a decade, he's never been a household name, and people who know the chorus of Soul Sister probably wouldn't be able to name Train's other two members, guitarist Jimmy Stafford and drummer Scott Underwood.

Monahan acknowledges that kind of anonymous success used to grate on him — but he puts the emphasis on "used to."

"Being under the radar as a celebrity isn't the worst thing that can happen to you. I think that maybe that's the reason for the longevity," says Monahan.

"For a long time I was disappointed about it. It was like, 'How come I can't get on Us Weekly, how come we're not on the cover of Rolling Stone? What did we do wrong?' But now I think that we just don't care like that. That's not why we started this. ... So we're learning how to have a lot of fun with it and keeping in mind that thinking about celebrity is thinking about the wrong thing. Thinking about the music is thinking about the future."

Keeping the focus on music has led to a rebirth for Train. The group is nominated for a Grammy Award for best pop performance by a duo or group with vocals next month for a live version of Hey, Soul Sister, which is still No. 1 on the adult contemporary chart a year after its release. While it never reached that spot on the overall pop chart, the song permeated pop culture and showed its dominance in other ways: It was featured on CSI: New York, in Samsung commercials, was the most downloaded song on iTunes in 2010, and has been certified quadruple platinum. "Even in other countries where they don't speak English, that song has been very successful," said Stafford. "I attribute it to the melody, some really catchy hooks ... the ukulele is (also) a really unique sound that people just seem to be drawn to that."

THE ASSOCIATED PRESS

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Train, from left to right, Scott Underwood, Patrick Monahan and Jimmy Stafford.

Rogen gets a surprise from Lucas

Seth Rogen had a rather bizarre meeting with Stephen Spielberg and George Lucas recently, during which the Star Wars mastermind was obsessed with the end of the world.

"George Lucas sits down and seriously proceeds to talk for around 25 minutes about how he thinks the world is going to end in the year 2012, like, for real. He thinks it," Rogen said.

"Lucas is going on about the tectonic plates, and all the time Spielberg is, like, rolling his eyes, like, 'My nerdy friend won't shut up, I'm sorry.'"

METRO

GETTY IMAGES FILE

Trouble brews

Gibson's attorney preparing for the worst with Mel

Mel Gibson's legal troubles over ex-girlfriend Oksana Grigorieva aren't going away, as prosecutors are now reportedly looking to charge Gibson for allegedly assaulting Grigorieva during an argument last year.

Blair is aware that the District Attorney is inclined to file charges against Mel." SOURCE

Gibson's attorney, Blair Berk, is said to be preparing for the worst.

"Blair is aware that the District Attorney is inclined to file charges against Mel," a source says.

If convicted of either a misdemeanor or felony, Gibson could face time behind bars. METRO

METRO CUSTOM PUBLISHING

KEN MAKES ANOTHER PLAY FOR BARBIE!

Ever since Barbie and Ken split seven years ago, rumours have been swirling about whether or not Ken has continued to carry a torch for his ex!

Well, if his antics at Whistler Blackcomb ski resort are any indication, he wants her back!

Ken showed his true colours as he aced the formidable 7th Heaven run. With a posse of fans cheering him on, Ken came flying down the mountain with an enormous red banner, attached to his ski poles, trailing in the air behind him. In big bold letters it read: "Barbie, you're the only doll for me."

Now, if that ain't love.

SHOULD BARBIE TAKE KEN BACK?
Have your say at barbieandken.com

Talking points

Skipping school cool with Paltrow

PEOPLE Gwyneth Paltrow sometimes needs a little time alone with her daughter, Apple, even if that means letting her skip class.

"I'll probably get kicked out of our school for admitting this, but I let Apple stay home yesterday. I just needed to be with her. We went out to lunch, we went to the beauty salon, we were together," Paltrow tells Good Housekeeping magazine.

She also opened up about life with Chris Martin.

"Marriage is hard. Chris and I have had our ups and downs, bigtime," she says. "I definitely have to coax things out of him when we talk. You know, he's British, so it's a different lexicon totally. But you have to communicate. Otherwise there's no relationship." METRO

Know when to fold 'em, says Simon Cowell

PEOPLE Simon Cowell reportedly isn't a big believer in traditional education.

"All my life I had to teach myself. I never really had a proper education. I wasn't born with any skill. I didn't learn anything from school," he says, according to Hollyscoop.

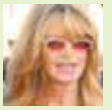
Instead, he learned his biggest lessons by finding his own teachers.

"I asked a very successful guy, 'What's the best advice you can give me?' and he said, 'Simon, always know when to leave the fair.' And I think that's good advice. Something inside you just says, 'You know what, it's time to go.' Without any regrets whatsoever."

METRO

Celebrity tweets

Sylvester Stallone [@TheSlyStallone] Heading to the hardcore streets of Mexico ...



Goldie Hawn [@goldiehawn] My super hero brother @burningdan 1974-2010. Celebrate his life.

Kirstie Alley [@kirstiealley] TWITTER is a bizarre place..I swear to God I could say HITLER was evil and ten people would reply.." that's your opinion"

Sarah Silverman [@SarahKSilverman] Number 1 reason couples stay together: fear! (so romantic -- love is third!)

METRO

Denise wants you to know she's a victim

PEOPLE While Charlie Sheen continues to rack up the tabloid covers for his recent exploits in Las Vegas, ex-wife Denise Richards isn't enjoying having to deal with the fallout.

"What becomes difficult is things become so public," she tells Access Hollywood. "I try my best to keep that quiet from our daughters because, you know, this is something I've never dealt with in my life until this situation. I'm learning how to deal with it. Just keeping a lid on it for our kids has been my main priority. It does become difficult."

METRO

ROGERS 3G
4:15 PM
twitter
Toronto Weather
10°C Haze
Metro Toronto Tweets
Poll: Would you accept a lower salary to work for a socially
metro drive
metro drive
Abu Dhabi Grand Prix Practice Results
ABU DHABI, United Arab Emirates - Practice results Friday for Sunday's Abu Dhabi Grand Prix at the 5.554-kilometre Yas Marina circuit with driver, country, car, fastest lap time and laps...
Ford Fusion a solid bet for a used sporty sedan
Shopping out a used Fusion? It's a sporty and unique sedan that doesn't blend into the endless sea of Camrys
Linamar stock slides despite Q3 turnaround
TORONTO - Linamar Corp. (TSX:LNR) stock continued in recent sharp slide Friday, a day after the auto parts maker turned in an earnings report that fell slightly below estimates and announced that...
metro auto pilot
Don't leave traction to technology
Every time I feel the need to discuss grip I talk to Pierre Savoy, chief instructor of the BMW Canada Winter Driving School.
You'll need that ice scraper sooner than you think
You see some scary things around Halloween, but none more so than unprepared vehicle.
Hybrid cars: Looking for a few more buyers
Hybrids have arrived, yes? Well, me thinks "yes" and "no." Hybrid technology has certainly arrived.
metro my drive
Celebrity chef goes for wine-country red
DON'T JUST DRIVE
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SPORTS
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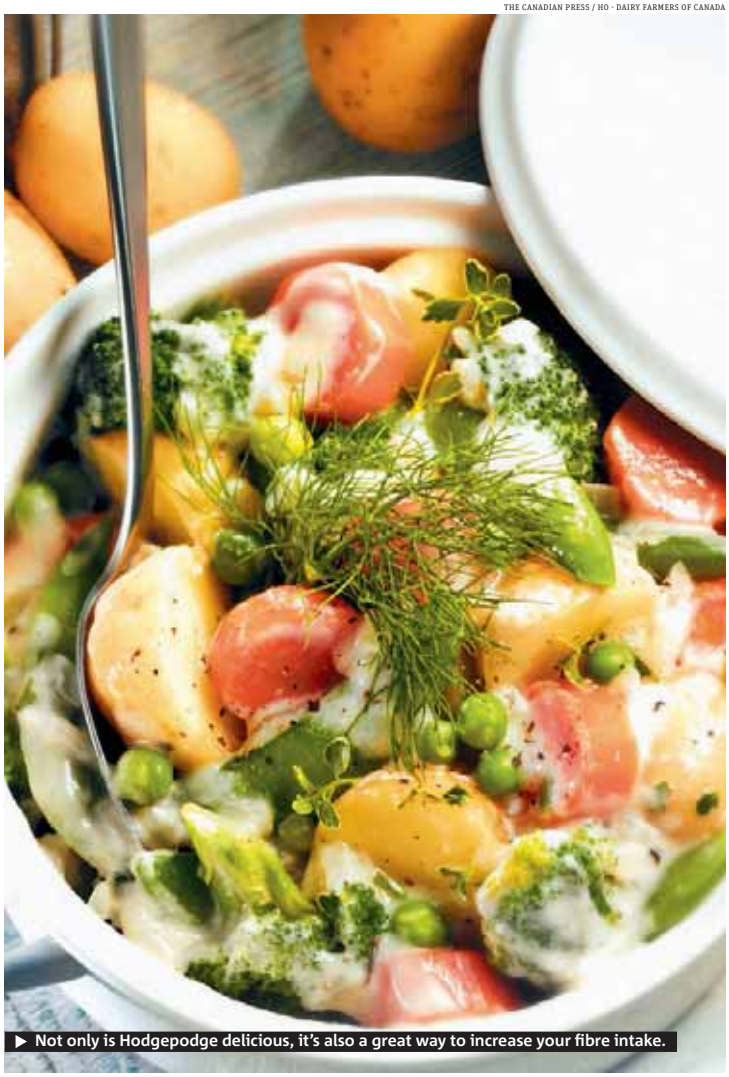
3 life

Elevate your everyday veggies to scrumptious

The traditional Maritimes Hodgepodge dish boasts an array of vegetables in a light sauce

THE CANADIAN PRESS / HO - DAIRY FARMERS OF CANADA



Not only is Hodgepodge delicious, it's also a great way to increase your fibre intake.

This traditional dish from the Maritimes, called Hodgepodge, features a colourful array of vegetables in a light sauce that elevates the everyday to something scrumptious.

Most Canadians don't get enough fibre, which can be found in whole grains, beans, nuts, seeds, vegetables and fruit. This dish will help your family up its daily quota, in the most delicious way.

Add a dark rye or wholewheat roll, and for dessert, go for frozen yogurt topped with frozen raspberries.

Preparation:

1. In a large saucepan, combine potatoes and carrots; add cold water to cover by 5 cm (2 inches) and 2 ml (1/2 tsp) of the salt. Cover and bring to a boil over high heat.
2. Uncover, reduce heat and boil gently for 10 minutes or until potatoes are almost tender. Add broccoli, sugar snap peas and green peas; boil for 3 minutes or until tender-crisp. Drain; set aside.
3. Return pan to medium heat; melt butter. Sauté onion, tarragon, remaining salt and pepper for about 5 minutes or until softened. Stir in flour; saute for 30 seconds. Gradually whisk in heated milk and mustard. Bring to a boil, whisking constantly; reduce heat to medium and simmer, whisking, for about 2 minutes.
4. Remove from heat; stir in vegetables and toss to coat. Season to taste with salt and pepper.
5. Transfer to a warmed serving bowl and sprinkle with fresh herbs.

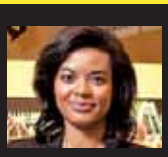
THE CANADIAN PRESS

Ingredients:

You can use different vegetables: Start with potatoes and add 1.125 l (4 1/2 cups) other vegetables, adding hard vegetables with the potatoes and more tender ones for the cooking time they require.

- 12 baby new potatoes, cut in half
- 250 ml (1 cup) thickly sliced carrots or baby-cut carrots
- 5 ml (1 tsp) salt, divided
- 500 ml (2 cups) broccoli florets
- 250 ml (1 cup) sugar snap peas, snow peas or green beans, trimmed
- 125 ml (1/2 cup) frozen green peas
- 30 ml (2 tbsp) butter
- 1 small onion, finely chopped
- 2 ml (1/2 tsp) dried tarragon, savoury or thyme
- 1 ml (1/4 tsp) pepper
- 30 ml (2 tbsp) all-purpose flour
- 375 ml (1 1/2 cups) milk, heated
- 10 ml (2 tsp) Dijon or dry mustard
- 30 ml (2 tbsp) chopped fresh basil or dill (optional)

Check-out tips



Registered Dietitian Maria Thomas offers these grocery shopping tips to help you avoid temptation at the check-out line.

- Before you shop, take an inventory of everything you have in your fridge.
- Make a list of what you need and stick to it.
- Eat before you go — otherwise impulse items will end up in your cart.

NEWS CANADA

Alcohol by the numbers: Some people in the industry want nutrition labels on liquor bottles.

Canadian Celebrity Chefs Event

Enjoy sizzling cooking demonstrations and delicious food and wine tastings by top Celebrity Chefs from across Canada!

Event Host: Kevin Brauch, The Thirsty Traveler, Food Network Canada

National Chefs
Anthony Walsh, Canoe; **David Rocco**, Dolce Vita
Brad Long, Café Belong; **Michael Howell**, Tempest Restaurant
Michael Lyon, Hotel Eldorado; **Mathieu Cloutier**, Kitchen Gallerie
Ray Bear, MIX; **Paul Rogalski**, ROUGE

Ottawa Chefs
Michael Moffatt, Beckta; **Marc Lepine**, Atelier
Michael Blackie, National Arts Centre; **Clifford Lyness**, Brookstreet
Robyn Bowen, Empire Grill; **Charlotte Langley**, Whalesbone
Norm Aitken, Juniper Dining; **Cesare Santaguida**, Vittoria Trattoria

National Arts Centre
January 24
Tickets available at NAC Box Office and Ticketmaster
613.755.1111 | www.ticketmaster.ca
For event details: www.nac-cna.ca/celebritychefs

food network · ARC · CIA Prodigy · ChefWorks · Ottawa Citizen · Premium Meats · SAVVY · TESTEX

UFC adds to card for Toronto's first event

The UFC has fleshed out its Toronto card, confirming that Canadians Mark Bocek, Jason (The Athlete) MacDonald and Sean Pierson will fight April 30 at the Rogers Centre.

The UFC's "Ultimate Insider" report on its website also said unbeaten light-heavyweight Phil (Mr. Wonderful) Davis will face Matt (The Hammer) Hamill at UFC 129, the promotion's first visit to Ontario.

Bocek, a lightweight from nearby Woodbridge, Ont., will take on former WEC champion Ben (Smooth) Henderson while MacDonald tackles Ryan Jensen in a middleweight bout and Pierson goes against welterweight Brian Foster.

UFC president Dana White previously confirmed UFC hall of famer Randy (The Natural) Couture will meet former light-heavyweight titleholder Lyoto (The Dragon) Machida in the co-main event.

The UFC boss has also said the Toronto card will feature the UFC debut of featherweight champion Jose Aldo, who formerly held the WEC 145-pound title.

White said Aldo will face Mark (The Machine) Hominick of Thamesford, Ont., providing the Canadian beats George Roop on Saturday's "Fight for the Troops 2" card at Fort Hood in Killeen, Texas.

He has not said whom Aldo would face if Hominick loses.

The Toronto card also features a bout between Toronto welterweight Claude (The Prince) Patrick and Daniel (Ninja) Roberts.

Roberts (12-1) announced news of the Toronto matchup via Twitter. THE CANADIAN PRESS

JIM MCISAAC/GETTY IMAGES

▶ Chris Campoli plays the puck against Chris Pronger of the Flyers in Philadelphia last night.

Flyers ensure Sens stay cold

Despite a week's worth of strong efforts, Ottawa drops fourth straight

Mike Richards scored twice while Chris Pronger had an assist in his return from a broken foot as the Philadelphia Flyers beat the Ottawa Senators 6-2 in a fight-filled game Thursday night.

The Flyers lead the NHL with 31 wins and the Eastern Conference with 67 points after losing in last year's Stanley Cup final.

Philadelphia has skated to the top of the standings without Pronger, who was back on the blue-line five weeks after breaking his right foot.

Pronger, the 2000 NHL MVP with St. Louis, was injured Dec. 15 against Montreal and missed 13 games.

He started against Ottawa and was paired with Matt Carle. Pronger now has four goals and 16 points in 32 games.

Daniel Briere, Scott Hartnell, James van Riemsdyk and Andrej Meszaros also scored for Philadelphia.

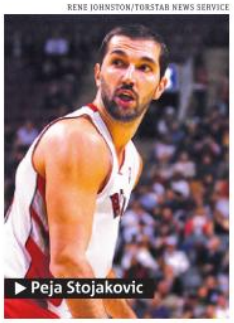
Milan Michalek and Nick Foligno scored for Ottawa.

Elsewhere in Ontario, the Toronto Maple Leafs got J-S Giguere a win he wanted more than most, beating his former team the Anaheim Ducks 5-2. THE ASSOCIATED PRESS

6	2
FLYERS	SENATORS

Raps buy out Peja

RENE JOHNSTON/TORSTAR NEWS SERVICE



▶ Peja Stojakovic

The Toronto Raptors have completed a buyout of veteran forward Peja Stojakovic's contract. Acquired from New Orleans in November, the former all-star played just two games for the Raptors before being sidelined with a knee injury.

The move, which makes Stojakovic a free agent, was expected. The Raptors had acknowledged after the deal was made that they would consider a buyout if they were unable to trade him.

"I'm sure that Peja will add significantly to any veteran team that signs him," Raptors general manager Bryan Colangelo said in a statement. THE CANADIAN PRESS

$15M

Stojakovic had been earning $15 million US in the final year of a five-year contract.

Sports in brief

UFC 129 tickets go on sale Feb. 12

MIXED MARTIAL ARTS. Tickets for UFC 129 at Toronto's Rogers Centre will go on sale to the general public on Feb. 12 at 10 a.m. ET, the UFC announced Thursday.

Ticket prices for the April 30 show will be released on Jan. 26. THE CANADIAN PRESS

Foot surgery for Brady?

NFL. A source requesting anonymity tells The Associated Press that New England Patriots quarterback Tom Brady has undergone surgery on his right foot.

The surgery for a stress fracture took place Thursday, the source said, adding Brady is "is doing good."

Brady was listed on the Patriots' injury report with a foot injury. THE ASSOCIATED PRESS

4 sports

Quoted

"Can't wait!"

JETS LINEBACKER BART SCOTT'S SHOUTED RESPONSE INTO AN ESPN MICROPHONE WHEN TOLD 'CONGRATULATIONS, SEE YOU IN PITTSBURGH' AFTER NEW YORK'S WIN LAST SUNDAY. THE ONE-MINUTE EMOTIONALLY CHARGED INTERVIEW IS A YOUTUBE SENSATION, WITH OVER 350,000 HITS SO FAR.

"My wife has teased me a lot. She uses that in case I ever get mad at her or something. She says she'll get me locked up; she'll use that video as a reference."

SCOTT

Scan code for more sports

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	47	31	11	2	3	164	124	67	15-6-0-2	16-5-2-1	8-2-0-0	W4
d-Tampa Bay	48	28	15	3	2	143	152	61	14-4-1-1	14-11-2-1	6-4-0-0	W2
d-Boston	47	26	14	2	5	144	107	59	12-9-1-2	14-5-1-3	6-3-1-0	L1
Pittsburgh	48	29	15	2	2	150	112	62	15-9-1-0	14-6-1-2	4-4-0-2	L1
Washington	48	26	14	5	3	135	125	60	16-5-2-3	10-9-3-0	5-2-3-0	W1
NY Rangers	49	27	19	2	1	140	119	57	12-10-1-1	15-9-1-0	5-5-0-0	L1
Montreal	47	26	17	4	0	118	113	56	16-6-3-0	10-11-1-0	6-3-1-0	L1
Atlanta	49	23	18	3	5	148	156	54	11-9-1-3	12-9-2-2	3-5-1-1	L1
Carolina	47	23	18	2	4	141	146	52	12-8-1-1	11-10-1-3	5-4-1-0	W1
Buffalo	46	21	20	5	0	127	134	47	11-11-1-0	10-9-4-0	7-2-1-0	W2
Florida	45	21	20	2	2	123	119	46	11-8-2-2	10-12-0-0	5-3-1-1	L2
Toronto	46	19	22	2	3	119	141	43	10-10-2-2	9-12-0-1	6-3-0-1	W1
Ottawa	48	17	24	4	3	105	150	41	9-13-1-2	8-11-3-1	1-7-0-2	L4
NY Islanders	45	14	24	3	4	109	150	35	8-10-1-3	6-14-2-1	4-5-0-1	L2
New Jersey	46	14	29	2	1	92	140	31	8-13-1-1	6-16-0-0	5-4-2-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	46	29	10	4	3	152	113	65	15-3-1-2	14-7-3-1	6-2-1-1	L2
d-Detroit	46	28	12	4	2	158	135	62	14-5-3-1	14-7-1-1	5-3-1-1	L1
d-Dallas	46	28	13	1	4	135	119	61	15-6-1-3	13-7-0-1	7-2-0-1	W5
Nashville	46	25	15	4	2	124	111	56	11-4-3-2	14-11-1-0	8-2-0-0	W1
Anaheim	50	26	20	2	2	133	141	56	17-7-0-1	9-13-2-1	7-3-0-0	L1
Phoenix	47	23	15	6	3	136	135	55	10-7-3-2	13-8-3-1	6-2-1-1	L2
Chicago	47	25	18	2	2	150	130	54	16-11-0-0	9-7-2-2	5-4-0-1	W1
Colorado	46	24	16	6	0	152	146	54	13-8-3-0	11-8-3-0	5-4-1-0	W2
Minnesota	47	24	18	1	4	123	128	53	11-11-0-2	13-7-1-2	7-3-0-0	W3
San Jose	47	23	19	4	1	136	133	51	11-10-2-1	12-9-2-0	3-7-0-0	W2
St. Louis	45	22	17	2	4	121	129	50	15-8-0-2	7-9-2-2	4-5-0-1	W2
Los Angeles	46	24	21	1	0	134	117	49	15-8-1-0	9-13-0-0	2-8-0-0	L2
Columbus	47	22	20	3	2	123	147	49	12-10-0-1	10-10-3-1	3-5-1-1	W1
Calgary	47	20	21	2	4	126	143	46	11-9-0-1	8-12-2-4	4-3-1-2	L2
Edmonton	45	14	24	1	6	113	155	35	7-12-1-2	7-12-1-3	2-7-0-1	L3

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Buffalo 4 Boston 1
Toronto 5 Anaheim 2
New Jersey 2 Pittsburgh 0
Washington 2 N.Y. Islanders 1
Philadelphia 6 Ottawa 2
Carolina 4 N.Y. Rangers 1
Tampa Bay 3 Atlanta 2 (SO)
Detroit at St. Louis
Nashville at Colorado
Dallas at Edmonton
San Jose at Vancouver
Phoenix at Los Angeles

Wednesday's results
Minnesota 6 Calgary 0
N.Y. Rangers 7 Toronto 0
Columbus 3 Florida 2 (OT)

Tonight's games
(All times Eastern)
N.Y. Islanders at Buffalo, 7:30 p.m.
Montreal at Ottawa, 7:30 p.m.
Tampa Bay at Florida, 7:30 p.m.
Dallas at Calgary, 9 p.m.

LEAFS 5, DUCKS 2

First Period
1. Anaheim, Sexton 3 (Visnovsky, Beleskey) 7:55
2. Toronto, MaArthur 15 (Kessel, Bozak) 11:43

Penalties — Parros Ana, Orr Tor (fighting) 2:15, Blake Ana (interference) 16:51, Ryan Ana (hooking) 20:00.

Second Period
3. Anaheim, McMillan 5 (Lupul) 5:23
4. Toronto, Gunnarsson 3 (MacArthur) 13:10
5. Toronto, Bozak 8 (Kessel, Phaneuf) 16:15

Penalties — Kaberle Tor (hooking) 5:44, Mueller Tor (slashing) 7:59.

Third Period
6. Toronto, Grabovski 19, 5:57
7. Toronto, Grabovski 20 (MacArthur) 11:40

Penalties — None.

Shots

Anaheim	9	9	10	28
Toronto	15	12	10	37

Goal — Anaheim: Hiller (L,23-16-3) Toronto: Giguere (W,9-7-3). **Power plays (goals-chances)** — Anaheim: 0-2 Toronto: 0-2. **Att.** — 19,399 (18,819) at Toronto.

LATE WEDNESDAY

WILD 6, FLAMES 0

First Period
1. Minnesota, Havlat 12 (Brodziak, Zanon) 3:25
2. Minnesota, Koivu 12 (Cullen, Brunette) 6:04 (pp)

Penalty — Babchuk Cal (elbowing) 5:29.

Second Period
3. Minnesota, Madden 7 (Brunette, Kobasew) 18:23

Penalties — Glencross Minn (boarding major) 1:19, Havlat Minn(tripping) 9:40, Bouchard Minn (hooking) 13:21.

Third Period
4. Minnesota, Clutterbuck 14 (Brodziak, Havlat) 2:48
5. Minnesota, Kobasew 8 (Madden) 12:04
6. Minnesota, Havlat 13 (Clutterbuck, Brodziak) 17:08

Penalty — Sarich Cal (interference) 14:22.

Shots

Minnesota	9	9	6	—24
Calgary	9	12	16	—37

Goal — Minnesota: Backstrom (W,14-10-3); Calgary: Kiprusoff (L,17-18-2). **Power plays (goals-chances)** — Minnesota: 1-3; Calgary: 0-2. **Att.** — 19,289 (19,289) at Calgary.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	32	34	66
Stamkos, TB	35	28	63
D.Sedin, Vcr	27	32	59
St. Louis, TB	19	38	57
H.Sedin, Vcr	9	47	56
B.Richards, Dal	18	36	54
Zetterberg, Det	16	35	51
Perry, Ana	24	26	50
Eriksson, Dal	17	32	49
E.Staal, Car	22	25	47
Kopitar, LA	16	31	47
Ovechkin, Wash	16	30	46
Kesler, Vcr	25	19	44
Sharp, Chi	25	19	44
Duchene, Col	18	25	43
Heatley, SJ	18	25	43
Havlat, Minn	13	30	43
J.Thornton, SJ	13	30	43
Backstrom, Wash	11	31	42
Lidstrom, Det	11	31	42
Briere, Pha	24	17	41
Nash, Clb	21	20	41
Iginla, Cal	18	23	41
Byfuglien, Atl	16	25	41
Selanne, Ana	14	27	41

Not including last night's games

TENNIS

AUSTRALIAN OPEN

At Melbourne, Australia
Friday's results
MEN
Singles
Third Round
Novak Djokovic (3), Serbia, def. Viktor Troicki (29), Serbia, 6-2, retired.
Doubles
Second Round
Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, def. Santiago Gonzalez, Mexico, and Philipp Marx, Germany, 6-3, 6-4.
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (10), Pakistan, def. Jeremy Chardy and Arnaud Clement, France, 6-3, 4-6, 6-4.
WOMEN
Singles — Third Round
Caroline Wozniacki (1), Denmark, def. Dominika Cibulkova (29), Slovakia, 6-4, 6-3.
Francesca Schiavone (6), Italy, def. Monica Niculescu, Romania, 6-0, 7-6 (2).
Anastasija Sevastova, Latvia, def. Vesna Manasieva, Russia, 6-1, 6-3.
Doubles
Second Round
Anna-Lena Groenefeld, Germany, and Patty Schnyder, Switzerland, def. Nuria Llagostera Vives and Maria Jose Martinez Sanchez (4), Spain, 6-4, 6-4.
Thursday's results
MEN
Singles — Second Round
Rafael Nadal (1), Spain, def. Ryan Sweeting, U.S., 6-2, 6-1, 6-1.
Robin Soderling (4), Sweden, def. Gilles Muller, Luxembourg, 6-3, 7-6 (1), 6-1.
Andy Murray (5), Britain, def. Illya Marchenko, Ukraine, 6-1, 6-3, 6-3.
David Ferrer (7), Spain, def. Michael Russell, U.S., 6-0, 6-1, 7-5.
Mikhail Youzhny (10), Russia, def. Blaz Kavcic, Slovenia, 6-3, 6-1, 5-7, 4-6, 6-1.
Jurgen Melzer (11), Austria, def. Pere Riba, Spain, 6-2, 6-4, 6-2.
Jo-Wilfried Tsonga (13), France, def. Andreas Seppi, Italy, 6-3, 7-6 (1), 7-6 (5).
Marin Cilic (15), Croatia, def. Santiago Giraldo, Colombia, 6-3, 7-6 (1), 6-1.
John Isner (20), U.S., def. Radek Stepanek, Czech Republic, 4-6, 6-4, 6-2, 6-1.
Marcos Baghdatis (21), Cyprus, def. Juan Martin del Potro, Argentina, 6-1, 6-3, 4-6, 6-3.
Milos Raonic, Thornhill, Ont., def. Michael Llodra (22), France, 7-6 (3), 6-3, 7-6 (4).
Richard Berankis, Lithuania, def. David Nalbandian (27), Argentina, 6-1, 6-0, 2-0 (retired).
Jan Hernych, Czech Republic, def. Thomaz Bellucci (30), Brazil, 6-2, 6-7 (11), 6-4, 6-7 (3), 8-6.
Bernard Tomic, Australia, def. Feliciano Lopez (31), Spain, 7-6 (4), 7-6 (3), 6-3.
Guillermo Garcia-Lopez (32), Spain, def. Eduardo Schwank, Argentina, 6-4, 7-6 (8), 6-1.
Alexandr Dolgopolov, Ukraine, def. Benjamin Becker, Germany, 6-3, 6-0, 3-6, 7-6 (3).
Doubles — First Round
Mahesh Bhupathi and Leander Paes (3), India, def. Ivo Karlovic, Croatia, and Dusan Vemic, Serbia, 5-7, 6-3, 6-0.
Lukasz Kubot, Poland, and Oliver Marach (4), Austria, def. Johan Brunstrom, Sweden, and Stephen Huss, Australia, 6-3, 6-3.
Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, def. Guillermo Garcia-Lopez and Albert Montanes, Spain, 6-3, 7-5.
Xavier Malisse, Belgium, and Jamie Murray, Britain, def. Wesley Moodie, South Africa, and Dick Norman (9), Belgium, 6-4, 6-0.
Rohan Bopanna, India, and Aisam-ul-Haq Qureshi (10), Pakistan, def. Franco Ferreiro and Andre Sa, Brazil, 6-3, 6-0.
Colin Ebelthite and Adam Feeney, Australia, def. Robert Lindstedt, Sweden, and Horia Tecau (11), Romania, 4-6, 0-1 (retired).
Marcel Granollers and Tommy Robredo (13), Spain, def. Edouard Roger-Vasselin and Gilles Simon, France, 6-1, 6-1.
Jonathan Erlich and Andy Ram (14), Israel, def. Colin Fleming and Ross Hutchins, Britain, 4-6, 6-2, 6-2.
Daniele Bracciali and Potito Starace, Italy, def. Nicolas Almagro and Marc Lopez (15), Spain, 1-6, 7-6 (3), 7-5.
Filip Polasek and Igor Zelenay, Slovakia, def. Marcelo Melo and Bruno Soares (16), Brazil, 6-4, 4-6, 6-2.
Bjorn Phau, Germany, and Janko Tipsarevic, Serbia, def. Ivan Ljubicic and Lovro Zovko, Croatia, 6-1, 6-4.
Yen-hsun Lu, Taiwan, and Rainer Schuettler, Germany, def. Simon Aspelin, Sweden, and Alexander Peya, Austria, 7-6 (5), 7-6 (5).
Michael Berrer and Florian Mayer, Germany, def. Rameez Junaid, Australia, and Tobias Kamke, Germany, 6-3, 6-2.
Ivan Dodig, Croatia, and Jarkko Nieminen, Finland, def. Ashley Fisher and Jordan Kerr, Australia, 6-4, 6-4.
Benjamin Becker and Michael Kohlmann, Germany, def. Sanchai and Sonchat Ratiwatana, Thailand, 7-5, 7-5.
Feliciano Lopez, Spain, and Juan Monaco, Argentina, def. Marinko Matosevic and John Millman, Australia, 3-6, 6-0, 6-1.
WOMEN
Singles — Second Round
Vera Zvonareva (2), Russia, def. Bojana Jovanovski, Serbia, 2-6, 6-3, 6-1.
Kim Clijsters (3), Belgium, def. Carla Suarez Navarro, Spain, 6-1, 6-3.
Sam Stosur (5), Australia, def. Vera Dushevina, Russia, 6-3, 6-2.
Peng Shuai, China, def. Jelena Jankovic (7), Serbia, 7-6 (3), 6-3.
Shahar Peer (10), Israel, def. Sorana Cirstea, Romania, 6-3, 6-2.
Agnieszka Radwanska (12), Poland, def. Petra Martic, Croatia, 6-3, 6-4.
Nadia Petrova (13), Russia, def. Alicia Molik, Australia, 6-4, 6-1.
Anastasia Pavlyuchenkova (16), Russia, def. Kristina Barrois, Germany, 6-2, 6-2.
Iveta Benesova, Czech Republic, def. Maria Kirilenko (18), Russia, 6-3, 6-1.
Flavia Pennetta (22), Italy, def. Lourdes Dominguez Lino, Spain, 6-2, 6-2.
Simona Halep, Romania, def. Alisa Kleybanova (24), Russia, 6-4, 7-6 (2).
Petra Kvitova (25), Czech Republic, def. Anna Chakvetadze, Russia, 6-3, 6-4.
Alize Cornet, France, def. Maria Jose Martinez Sanchez (26), Spain, 7-5, 6-1.
Lucie Safarova (31), Czech Republic, def. Klara Zakopalova, Czech Republic, 6-3, 6-7 (2), 7-5.
Ayumi Morita, Japan, def. Caroline Garcia, France, 6-4, 6-4.
Ekaterina Makarova, Russia, def. Lesya Tsurenko, Ukraine, 7-6 (6), 6-1.
Doubles — First Round
Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, def. Marina Erakovic, New Zealand, and Tamarine Tanasugarn, Thailand, 6-4, 7-5.
Cara Black, Zimbabwe, and Anastasia Rodionova (5), Australia, def. Tamira Paszek, Austria, and Tsvetana Pironkova, Bulgaria, 6-2, 6-1.
Iveta Benesova and Barbora Zahlavova Strycova (6), Czech Republic, def. Kateryna Bondarenko, Ukraine, and Dinara Safina, Russia, 6-2, 6-4.
Julia Goerges, Germany, and Lisa Raymond (7), U.S., def. Vitalia Diatchenko, Russia, and Tatiana Poutchek, Belarus, 6-2, 6-1.
Monica Niculescu, Romania, and Yan Zi (10), China, def. Klaudia Jans and Alicja Rosolska, Poland, 6-2, 6-2.
Michaella Krajicek, Netherlands, and Petra Kvitova, Czech Republic, def. Francesca Schiavone, Italy, and Rennae Stubbs (11), Australia, 6-0, 7-5.
Victoria Azarenka, Belarus, and Maria Kirilenko (12), Russia, def. Romina Oprandi, Italy, and Jasmin Woehr, Germany, 6-1, 6-0.
Shahar Peer, Israel, and Peng Shuai (14), China, vs. Tatjana Malek and Andrea Petkovic, Germany, 6-2, 6-3.
Timea Bacsinszky, Switzerland, and Tathiana Garbin (16), Italy, def. Jelena Dokic and Sally Peers, Australia, 6-1, 6-4.
Maria Kondratieva, Russia, and Sophie Lefevre, France, def. Sophie Letcher and Viktorija Rajicic, Australia, 6-4, 6-2.
Olga Govortsova, Belarus, and Alla Kudryavtseva, Russia, def. Ioana Raluca Olaru, Romania, and Zuzana Ondraskova, Czech Republic, 6-1, 6-2.
Jill Craybas, U.S., and Olga Savchuk, Ukraine, def. Tammi Patterson and Olivia Rogowska, Australia, 6-4, 6-2.
Alexandra Dulgheru, Romania, and Magdalena Rybarikova, Slovakia, def. Vania King, U.S., and Arantxa Parra Santonja, Spain, 4-6, 6-2, 7-6 (6).
Andrea Hlavackova and Lucie Hradecka, Czech Republic, def. Sybille Bammer, Austria, and Anastasija Sevastova, Latvia, 6-3, 7-6 (3).
Eleni Daniilidou, Greece, and Kaia Kanepi, Estonia, def. Lourdes Dominguez Lino and Carla Suarez Navarro, Spain, 6-1, 6-3.
Liga Dekmeijere, Latvia, and Ayumi Morita, Japan, def. Simona Halep, Romania, and Yanina Wickmayer, Belgium, 6-4, 6-3.

SOCCER

ITALY

ITALIAN CUP

Round of 16
Yesterday's result
AC Milan 3 Bari 0

SPAIN

LA LIGA

Yesterday's result
Atletico Madrid 0 Real Madrid 1 (Real Madrid advances 4-1 on aggregate)

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	2	2	0	1.000	25	16	—
Boston	2	2	0	1.000	20	13	—
Rochester	2	1	1	.500	20	22	1
Buffalo	2	1	1	.500	18	16	1
Philadelphia	2	0	2	.000	12	19	2

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	3	2	1	.667	30	28	—
Minnesota	2	1	1	.500	26	19	½
Colorado	2	1	1	.500	18	18	½
Washington	3	1	2	.333	30	39	1
Edmonton	2	0	2	.000	14	23	1½

WEEK THREE
Tonight's game
(All times Eastern)
Boston at Toronto, 7:30 p.m.
Tomorrow's games
Rochester at Boston, 7:30 p.m.
Toronto at Buffalo, 7:30 p.m.
Edmonton at Minnesota, 8:30 p.m.
Philadelphia at Colorado, 9 p.m.
Washington at Calgary, 9:30 p.m.

CYCLING

TOUR DOWN UNDER

At Stirling, Australia
Stage 3
Yesterday's results
1. Michael Matthew, Australia, Rabobank, three hours 11 minutes 47 seconds; 2. Andre Greipel, Germany, Omega Pharma-Lotto, same time; 3. Matthew Goss, Australia, HTC-Highroad, s.t.; 4. Simon Gerrans, Australia, Sky Procycling, s.t.; 5. Luke Roberts, Australia, Uni SA-Australia, s.t. **Also: 84. Lance Armstrong, U.S., Radio Shack, 3:11 behind**
Overall Standings
(after third of six stages)
1. Matthew Goss, Australia, HTC-Highroad, nine hours 56 minutes 25 seconds; 2. Andre Greipel, Germany, Omega Pharma-Lotto, two seconds behind; 3. Robbie McEwen, Australia, Radio Shack, 0:04; 4. Michael Matthews, Australia, Rabobank, s.t.; 5. Ben Swift, Britaion, Sky Procycling, s.t.; 6. Allan Davis, Australia, Astana, 0:14; 7. Francisco Ventoso, Spain, Movistar, s.t.; 8. Manuele Mori, Italy, Lampre-ISD, s.t.; 9. Alessandro Ballan, Italy, BMC, s.t.; 10. Greg Henderson, New Zealand, Sky Procycling, s.t. **Also: 81. Lance Armstrong, U.S., Radio Shack, three minutes 25 seconds behind**

NFL

CONFERENCE CHAMPIONSHIPS

Sunday's games
(All times Eastern)
NFC
Green Bay at Chicago, 3 p.m.
AFC
N.Y. Jets at Pittsburgh, 6:30 p.m.

PRO BOWL

Sunday, Jan. 30
At Honolulu
AFC vs. NFC, 7 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	32	9	.780	—
d-Miami	30	13	.698	3
d-Chicago	28	14	.667	4½
Atlanta	28	15	.651	5
Orlando	27	15	.643	5½
New York	22	19	.537	10
Charlotte	17	24	.415	15
Indiana	16	23	.410	15
Philadelphia	17	25	.405	15½
Milwaukee	15	24	.385	16
Detroit	15	27	.357	17½
Toronto	13	29	.310	19½
Washington	12	28	.300	19½
New Jersey	11	31	.262	21½
Cleveland	8	33	.195	24

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	36	6	.857	—
d-L.A. Lakers	31	13	.705	6
Dallas	27	14	.659	8½
d-Oklahoma City	27	15	.643	9
d-Utah	27	15	.643	9
New Orleans	27	16	.628	9½
Denver	24	17	.585	11½
Portland	23	20	.535	13½
Phoenix	19	21	.475	16
Houston	20	23	.465	16½
Memphis	19	23	.452	17
Golden State	18	23	.439	17½
L.A. Clippers	16	25	.390	19½
Minnesota	10	33	.233	26½
Sacramento	9	31	.225	26

d-division leader

Last night's results
Charlotte 100 Philadelphia 97
Dallas at Chicago
L.A. Clippers at Portland
Wednesday's results
Phoenix 106 Cleveland 98
New Jersey 103 Utah 95
Orlando 99 Philadelphia 98 (OT)
Boston 86 Detroit 82
Milwaukee 100 Washington 87
New Orleans 103 Memphis 102 (OT)
Houston 104 New York 89
San Antonio 104 Toronto 95
Denver 112 Oklahoma City 107
Dallas 109 L.A. Lakers 100
Portland 94 Sacramento 90 (OT)
Golden State 110 Indiana 108
L.A. Clippers 126 Minnesota 111

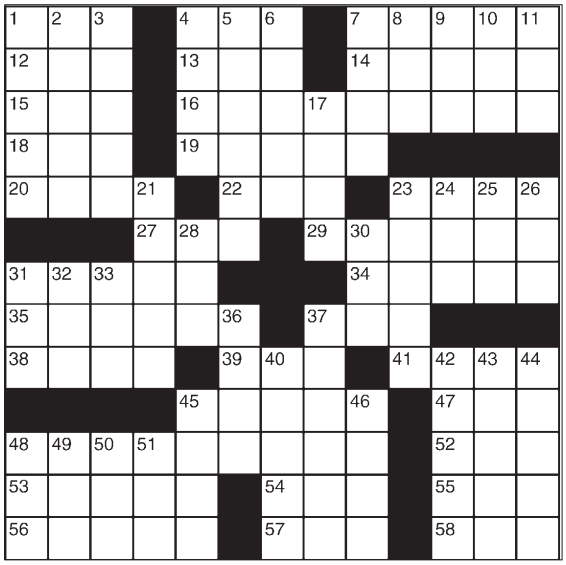
Tonight's games
(All times Eastern)
Detroit at New Jersey, 7 p.m.
Toronto at Orlando, 7 p.m.
Phoenix at Washington, 7 p.m.
New Orleans at Atlanta, 7:30 p.m.
Utah at Boston, 7:30 p.m.
Milwaukee at Cleveland, 7:30 p.m.
Houston at Memphis, 8 p.m.
New York at San Antonio, 8 p.m.
Sacramento at Golden State, 10:30 p.m.
L.A. Lakers at Denver, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	38	355	298	1072	28.2
Stoudemire, NYK	41	402	269	1081	26.4
Ellis, GOL	41	399	194	1063	25.9
James, MIA	41	358	276	1049	25.6
Wade, MIA	41	357	279	1030	25.1
Bryant, LAL	44	388	271	1105	25.1
Rose, CHI	41	373	199	1011	24.7
Gordon, LAC	39	313	232	930	23.8
Nowitzki, DAL	32	277	167	753	23.5
Anthony, DEN	34	279	222	798	23.5
Martin, HOU	41	277	311	952	23.2
Griffin, LAC	41	356	213	930	22.7
Westbrook, OKC	42	321	293	946	22.5
Williams, UTA	42	293	263	928	22.1
Howard, ORL	40	302	272	876	21.9
Bargnani, TOR	36	296	138	774	21.5
Granger, IND	38	283	166	816	21.5
Love, MIN	43	308	243	918	21.3
Aldridge, POR	43	361	184	909	21.1
Gay, MEM	40	316	147	829	20.7
Beasley, MIN	39	323	123	805	20.6
Randolph, MEM	38	304	149	760	20.0
Scola, HOU	43	341	142	824	19.2
Pierce, BOS	41	274	176	783	19.1
West, NOR	42	322	154	800	19.0

Not including last night's games

Crossword



Across

1 Cornfield comment
4 However
7 Nerdy sort
12 Historic period
13 Eventual aves
14 Heart line
15 Benicio — Toro
16 Mentionables?
18 Pismire
19 Fire
20 Bronx cheer
22 Schedule abbr.
23 Bean curd
27 Type measures
29 Handsome lad
31 "Survivor" team
34 Phantom's bailiwick
35 Fireplace part
37 Modern-day evidence
38 Sicilian spouter
39 Carte intro
41 Region
45 Donkey's sounds
47 Transmit electronically
48 Flotation device
52 "A pox upon thee!"
53 Go
54 Rule, for short
55 Listener
56 Worked (up)
57 Fuss
58 Banned bug spray

Down

1 Fragrant wood
2 Sports venue
3 Ballroom favorite
4 Nitwit
5 Palatal pendants
6 Turkic tongue
7 Challenge
8 "Holy mackerel!"
9 Before
10 Seventh letter
11 Tavern
17 Poet Pound
21 Marty, in "Madagascar"
23 November birthstone
24 Inseparable
25 Ever-green type
26 "— Today"
28 Profit
30 Dress in
31 Commonest English word
32 On Soc. Sec.
33 Writer Fleming
36 Rodgers collaborator
37 Convertible sofa
40 First lady after Hillary
42 Slain, gangster style
43 Water nymph
44 Put forth, as strength
45 Raised
46 Lily variety
48 Sort
49 Born
50 Aye
opponent
51 Leading lady?

▶ Yesterday's answer

E	M	U	■	S	A	S	H	■	S	T	A	R
C	O	P	■	O	G	L	E	■	M	O	P	E
U	P	S	T	R	E	A	M	■	O	U	S	T
■	■	T	A	B	■	M	A	J	O	R	E	D
F	L	A	X	E	N	■	N	U	T	■	■	■
L	O	G	■	T	O	W	■	S	H	U	N	S
U	S	E	D	■	■	D	A	B	■	S	P	A	T
B	E	D	I	M	■	S	A	C	■	G	P	A
■	■	■	O	A	F	■	H	O	O	R	A	Y
P	I	C	C	O	L	O	■	B	E	A	■	■
E	R	I	E	■	U	P	W	A	R	D	L	Y
C	O	T	S	■	K	E	E	L	■	E	Y	E
K	N	E	E	■	E	D	I	T	■	D	E	W

Sudoku

7			1	3	9			5
	1				7	2		
				4				
3		6					9	
	4	2				3	1	
	5					8		6
				6				
		9	3				8	
8			5	7	1			2

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

7	2	8	5	4	3	9	1	6
4	5	3	6	1	9	8	2	7
6	1	9	8	7	2	4	5	3
3	6	4	7	2	5	1	9	8
5	7	1	9	6	8	3	4	2
8	9	2	4	3	1	6	7	5
9	4	6	3	5	7	2	8	1
1	3	7	2	8	4	5	6	9
2	8	5	1	9	6	7	3	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my little kitten mondy, ur my heart my mind my wall my being is u I love you more than words can say and even tho I mess up ill never lose sight on my prize which is you..loving you forever and alwayz **COOLIEO**

Hey Sexy Expert! You add sunshine to my days and I can't thank you enough for that. Please don't ever stop. **LOVE, GRUMPY XO**

Amna its your birthday, this weekend is the special day. Don't say I never gave you anything- cause many gifts come your way!
Begin with the card, and you'll continue to get.
My birthday's in 2 months don't you dare forget! ;)
Happy Birthday!! **FATIMA**

Sweetie,
Ex caelis oblatus
You are my gift from heaven! I love you and treasure you for what you are.
SWEETIE

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 An offer that arrives out of the blue will cheer you up today. In fact, as far as luck goes one of the best times of the year is about to begin. You must have done something to deserve it.

♉ Taurus April 21-May 21 You will get the chance to improve the lot of a friend or relative who has been feeling a bit under the weather of late. Your outgoing, friendly manner is precisely what they need to get their act together.

♊ Gemini May 22-June 21 It's not your fault that something went wrong, but you can be sure that those who are to blame will try to lay some of the guilt at your door. Don't you date let them.

♋ Cancer June 22-July 22 Almost anyone will do almost anything you ask of them. It seems the whole world wants to do you a favour, and being the nice guy you are, you see no reason to deny them what makes them happy!

♌ Leo July 23-Aug.23 If you don't feel much like making an effort today by all means hold off until your levels of energy and enthusiasm are a bit higher. There is no point doing a job reluctantly and making a poor show of it.

♍ Virgo Aug. 24- Sept. 22 This is potentially a good time for money matters and business issues, so keep your eyes and ears open and be ready to act when opportunity arises.

♎ Libra Sept. 23-Oct. 23 Set goals you can reach without too much of an effort today. Better still, use your charm and communication skills to get other people to do the hard stuff for you.

♏ Scorpio Oct. 24-Nov. 22 Don't be too tough on yourself today. Not even a Scorpio can get it right every time, so if something you have been working on goes a bit off track don't make a big fuss about it.

♐ Sagittarius Nov. 23-Dec. 21 If you are told something you don't need to know today, or if you overhear a whispered conversation that was not meant for your ears, it might just be best to forget about it.

♑ Capricorn Dec. 22-Jan. 20 This is the ideal day to remind those you love just how much they mean to you and just how much you appreciate the efforts they have made on your behalf.

♒ Aquarius Jan. 21-Feb. 18 You may find it hard to trust someone you work or do business with, but what choice do you have? By all means keep your wits about you but don't make it obvious you think they may try to cheat you.

♓ Pisces Feb. 19-March 20 You will get support today from someone you would never have expected to be on your side. Is his or her interest genuine? It is, so don't be suspicious. SALLY BROMPTON

Caption contest

MARKUS SCHREIBER/ THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

ROB GRIFFITH/ THE ASSOCIATED PRESS

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LOOK AGAIN

SPOT THE 10 DIFFERENCES IN THESE TWO IMAGES.

Catalonia, Spain – Even while parked, the all-new 2011 Cruze is a total showstopper outside the Apollo Theatre. With a dramatic presence like this, the Cruze's next stop may be Hollywood.

CHEVROLET

DON'T JUST DRIVE.
CRUZE
The All-New 2011 Chevrolet Cruze.

1. Word 'bar' removed from awning 2. Red dot added boy's ball cap 3. Red dot on window removed 4. '1' removed from building number 5. '0' filled in the word Apolo 6. Blue sign removed from wall 7. Driver's side reflector removed from the 2011 Chevrolet Cruze 8. Vent added on red wall 9. Sewer on curb in front of car removed 10. White sticker removed from window